

Barking Breeze Tai Chi for Women

FREE indoor sessions female teacher

Saturdays 2-3.15pm

From 23 January to 19 March 2016

Total 8 free sessions

No session on 20 February (half term)



A welcoming, women only class

Gentle movements, improve your health and calm your mind in harmony with nature

All abilities welcome

Wear loose, comfortable clothes and flat shoes

**Funded by Mayor of London
FreeSport Winter/Spring 2016**

**Al Madina Mosque and Centre, 2 Victoria Road,
Barking, Essex IG11 8PY**

All women living in Barking and Dagenham welcome

Under 18s must be accompanied by an adult

Please contact us if you have access needs

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AL MADINA MOSQUE BARKING

To book or find out more:

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Twitter: @DaoLuCIC



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