

# Barking Breeze Tai Chi for Women

**Low cost indoor sessions female teacher**

**Saturdays 2-3.15pm**

**From 15 April to 28 May 2016**

**Total 6 sessions, no session on 7 May (half term)  
re-opens again on Saturday 10 September 2016**



**A welcoming, family  
friendly, 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**

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

**£22 for total 6 sessions.  
Concession rates available. Under  
18s must be accompanied by an  
adult. Please contact us if you have  
access needs.**



**To book:**

**E: [info@daolu.co.uk](mailto:info@daolu.co.uk)**

**T: 020 3670 3005**

**M: 07713 152 999 (text only)**

**Website: [www.daolu.co.uk](http://www.daolu.co.uk)**

**Facebook: Dao Lu**

**Twitter: @DaoLuCIC**

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AL MADINA MOSQUE BARKING**