

FREE Join in Tai Chi - celebrating World Tai Chi Day 2016

Tired of being tired? Join us for a FREE Tai Chi session to help re-energise your body and mind!



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

All abilities welcome

Wear loose, comfortable clothes and flat shoes



13.45 – 15.00, Sunday 24 April 2016, weather permitting

Pimp Hall Nature Reserve, near Kings Road Recycling Centre, off Kings Road, Chingford, London E4 7HR

Under 18s must be accompanied by an adult. Please contact us if you have access needs

To book or find out more:

E: info@daolu.co.uk, Tel: 020 3670 3005

Mob: 07713 152 999 (text only)

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