

Tai Chi for girls and young women aged 11-25

Low cost, indoor sessions female teacher

Saturdays 2-3.15pm

**From 9 April to 28 May 2016, total 8 sessions
£5 only per person for the whole 8-week project**



A welcoming, girls and 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 (second floor hall),
2 Victoria Road, Barking,
Essex IG11 8PY**

Concession rates are available for families of 4 members or more
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

T: 020 3670 3005

M: 07713 152 999 (text only)

Website: www.daolu.co.uk

Facebook: Dao Lu

Twitter: @DaoLuCIC



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