



Lloyd  
Park

# Women's Tai Chi Corner



**Women only class, female teacher**

**Fridays 10-11am (term times only)**

**£3 per session\* (get your first session FREE!)**



**A welcoming,  
women only class**

Gentle movements  
improve your health  
and calm your mind

**All abilities  
welcome**

Wear loose, comfortable  
clothes and flat shoes

**Community Bowls Pavilion, Lloyd Park off Forest Road, E17**

**All women living in Waltham Forest welcome**

Under 18s must be accompanied by an adult

Please contact us if you have access needs

**\*Plus annual fee, if you come long-term. Concession rates are available.**

**To book or find out more:**

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07713 152 999

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Twitter: @DaoLuCIC



Dao Lu 道路



LOTTERY FUNDED



Waltham Forest