

FREE Tai Chi for girl and women aged 11-25

FREE Tai Chi sessions, every Sunday, 10:00-11:15, from 22 January to 12 March 2017

Would you like trying a new activity in the new year? Tai Chi helps you get fitter and calmer to deal with exams and job interviews!



A welcoming and friendly environment
female only classes

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

All abilities welcome

Wear loose, comfortable clothes and flat shoes

Please let us know if you have any access needs

Venue: Walthamstow School for Girls, Church Hill, Walthamstow, London E4 9RZ

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



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