

Summer Tai Chi @ Winchester Road Methodist Church

Thursdays 7-8pm

From 15 June to 3 August 2017, total 8 sessions

Block rate of £40 for 8 sessions, pay in advance;

Drop in £8 per session



A welcoming and friendly class for all

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

All abilities welcome

Wear loose, comfortable clothes and flat shoes

**Winchester Road Methodist Church,
Winchester Road,
Highams Park,
London E4 9JP**



To book or find out more:

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Under 18s must be accompanied by an adult

Please contact us if you have access needs