

# Try Tai Chi

at Harrow Road GP Practice,  
2 Thursday sessions (22nd  
Nov & 13th Dec 2018),  
18:00 – 19:00



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

**£10 only for 2 sessions,  
book & pay in advance; or  
£7 drop in**

**Venue: Harrow Road GP  
Practice / Triangle House  
Health Centre, 2-8 Harrow  
Road, Leytonstone, London  
E11 3QF**



**All abilities  
welcome**

Wear loose,  
comfortable  
clothes and flat  
shoes.

**To book or find out more info:**

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**Mob: 07713 152 999**

**[www.daolu.co.uk](http://www.daolu.co.uk)**

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**Twitter: @DaoLuCIC**



Dao Lu 道路