

FREE Join in Tai Chi - celebrating World Tai Chi & Qi Gong Day 2019

Tired of being tired? Join us for a FREE Tai Chi session to help re-energise your body and mind!



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

All abilities welcome

Wear loose, comfortable clothes and flat shoes



9.30 – 10.30am, Sunday 28 April 2019, weather permitting

**Aveling Field (near Green Gym),
Lloyd Park, Walthamstow,
London E17 4PP**

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, Tel: 020 3670 3005

Mob: 07713 152 999 (text only)

www.daolu.co.uk

Facebook: Dao Lu Twitter: @DaoLuCIC

