

Tai Chi for health

at Triangle House Health Centre
(October to April), or Langthorne
Park (May to September)

Thursdays, 18:00 – 19:00



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

All abilities welcome

Wear loose, comfortable clothes and flat shoes.

October to April, indoors at
Triangle House Health Centre,
2-8 Harrow Road,
Leytonstone E11 3QF

May to September, outdoors at
Amphitheatre, Lanthorne Park,
Birch Grove, Leytonstone E11
4YG. If wet, we train indoor at
Triangle House.



£25 per month to access
all classes; or £7 drop in
Consession rates
available

To book or find out more:

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