

FREE virtual Join in Tai Chi – celebrating World Tai Chi & Qi Gong Day 2020

Wanting to boost your immune system? Join us for a **FREE Tai Chi event** to help re-energise your body and mind!



Gentle movements improve your health and calm your mind in harmony with nature in the comfort of your home

All abilities welcome

Wear loose, comfortable clothes and flat shoes

Suitable (non-slip) flooring, a chair for balance or sitting if required

11.00-13.00, Saturday 25 April 2020, on Zoom, Dao Lu ID 918 735 2527

Password required. Please book your place for the password and programme



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)

<https://www.daolu.co.uk/world-tai-chi-day-2020/>

Facebook: Dao Lu Twitter: @DaoLuCIC



Dao Lu 道路