

# FREE Online Join in Tai Chi - celebrating World Tai Chi & Qi Gong Day 2021

A **FREE** online Tai Chi event to help calm your body and mind at this gradual lockdown exit time



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

**All abilities welcome**

Wear loose, comfortable clothes and flat shoes.

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



Under 18s must be accompanied by an adult. Please contact us if you have access needs

**11.30 – 13.00**

**Sunday 25 April 2021**

**On Zoom, Dao Lu ID**

**918 735 2527**

**Password required. Please book with us to get the password before the event.**

**To book or find out more:**

**E: [info@daolu.co.uk](mailto:info@daolu.co.uk), Tel: 020 3670 3005**

**Mob: 07713 152 999 (text only)**

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

**Facebook: Dao Lu Twitter: @DaoLuCIC**



Dao Lu 道路



Waltham Forest