

FREE HEALTH QIGONG TASTER COURSE

Gentle movements to calm the mind and
invigorate the body

Sunday 26th September 2021
10am - 1pm in Lloyd Park

Suitable for all ages
For complete beginners
Improve blood circulation
Increase flexibility and mobility
Strengthen lungs
Plus many more benefits
Led by Master Tary Yip



Register at
www.daolu.co.uk/qigong

Delivered by Dao Lu CIC and the British Health
Qigong Association (BHQA)

Funded by Waltham Forest - William Morris Community
Ward and William Morris Big Local

