

FREE QIGONG COURSES

Gentle movements to calm the mind and invigorate the body

Three 6-week courses around Waltham Forest, all FREE!

- Suitable for all ages
- For complete beginners
- Improve blood circulation
- Increase flexibility and mobility
- Strengthen lungs
- Plus many more benefits



Shifu Mark Browne
34th Generation
Shaolin Temple Disciple



Master Meiling Wun

Saturdays: 9, 16, 23, 30 October and 6, 13 November 2021
12.30 - 1.30 pm, Forest Community Hall
59 Guildford Road, Walthamstow E17 4EA

Sundays: 14, 21, 28 November and 5, 12, 19 December 2021
12.30-1.30 pm, Leyton Cricket Hub,
Leyton Sports Ground, 2 Crawley Road E10 6RJ

Saturdays (time to be confirmed)
8, 15, 22, 29 January and 5, 12 February 2022
Nagreacha Hall,
202 Leyton Road E15 1DT

Register and more details at
www.daolu.co.uk/qigong
020 3670 3005

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

Funded by Sport England



Master Tary Yip

