



For better
mental health



10 Week Courses in Tai Chi and Yoga



Tai Chi (suitable for beginners)

10 week course

Thursdays 7 - 8.30pm

starting 15 September 2011

£2.00 per session for members

£2.50 per session for non-members

Ruth Winston Centre (Alexander room)

190 Green Lanes

Palmers Green

London N13 5UE



Yoga (suitable for beginners)

10 week course

Thursdays 10.45am -12.15pm

starting 22 September 2011

£2.00 per session for members

£2.50 per session for non-members

Edmonton Methodist Church

300 Fore Street

Edmonton, London N9 0PN

Mind in Enfield

275 Fore Street

Edmonton

London N9 0PD

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www.mind-in-enfield.org.uk

Registered Charity No.: 1054539

For further information or to book a place please
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