



PARK YOGA

Park Yoga aims to connect people to the natural outdoors, through a relaxing, energising and breathtaking yoga session, improving wellbeing and creating a positive ripple effect throughout communities

FREE outdoor yoga on Sunday mornings

AT QUEEN'S PARK, SWINDON

9.30 – 10.30AM

STARTS SUNDAY 2nd MAY

OPEN TO EVERYONE & ANYONE

PRE-REGISTER www.parkyoga.co/swindon

JUST BRING A MAT/TOWEL & A DRINK

***Children under 18yrs must be accompanied by an adult**

wiltshire and swindon sport



wasp



FINE FAMILY FOUNDATION

Sessions are held throughout the summer, subject to weather conditions. Please check the website/Facebook page for more information.

Park Yoga is a registered charity: 1183253

www.parkyoga.co