



Yoga in the Park 2020 for The Laura Centre

*Bereavement support for children, young people and
parents*

Venue: will be known February 2020

Saturday 16th May: 10.30-12.30 pm

- Salute to the Sun in small groups
- Yoga for in greater depth with Jacky
- Yoga for all levels with Bharti
- Yoga for adults and children with Nerissa

Donations of £5 or more, children free

Please contact Nerissa for more info.

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