

# Yoga in the Park 2021

**Saturday 10<sup>th</sup> July**

*fundraising for*



**Venue:** Gated garden in Braunstone Park, next to Winstanley House  
LE3 1HX

Timetable (approximate times):

**10.30 – 11 am:**

Warm-up yoga for all (adults and children) with Nerissa

**11.00 – 11.45:**

-Multi-ability yoga for all (adults and children) with Nerissa

-Acupressure to help alleviate stress and anxiety with Bharti

-Salute to the Sun in small groups

**11.50 – 12:15**

Laughter Yoga with Bharti

Please bring yoga mat, firm cushion and/ or block

Donations of £5 or more, children free. Donate via the link below.

<https://www.keepingabreast.org.uk/donate-now/>

Please contact Nerissa for more info.

[www.yogawithnerissa.co.uk](http://www.yogawithnerissa.co.uk)

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