

Yoga in the Park 2022

Saturday 18th June - 10-1pm

fundraising for



Progressive supranuclear palsy

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

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

10.30 - 11 am:

And then choose: 11.00 - 11.45:

Yoga with Jacky -all levels

Yoga for Children with Nerissa

Sound bath with Emma and Sam

Salute to the Sun in small groups

Come back together as a group: 12.50 - 1.15

Please bring yoga mat, firm cushion and/or block

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

[Make a Donation - PSPA](#)

Please contact Nerissa for more info: nerissafields@yahoo.co.uk

www.yogawithnerissa.co.uk

