

# YOGA IN THE PARK

20<sup>TH</sup> JUNE

10AM-1PM



GATED GARDEN IN BRAUNSTONE PARK  
NEXT TO WINSTANLEY HOUSE LE3 1HX



WARM UP WITH NERISSA 10AM-10:30AM

LAUGHTER YOGA WITH BHARTI

SOUNDBATH WITH LIBBY

ALL ABILITIES YOGA WITH JACKY AND SUE

KIDS YOGA WITH NERISSA AND ALEXIS

GROUP SALUTE TO THE SUN

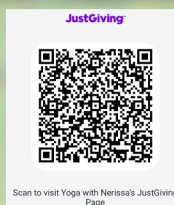
ACUPRESSURE AND TAPPING WITH BHARTI

KIDS ACTIVITIES INCLUDING PAINTING ISLA STONES



DONATIONS OF £20 OR MORE  
KIDS GO FREE

[WWW.JUSTGIVING.COM/PAGE/YOGA-WITH-NERISSA-2](http://WWW.JUSTGIVING.COM/PAGE/YOGA-WITH-NERISSA-2)



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