



Presents

# YOGA IN THE PARK

## Gentle yoga for beginners aged 50+

Come and enjoy some gentle stretches and breathing exercises to improve mobility and promote inner calm in a beautiful and quiet outdoor location

**WHERE : Herschel Park, Slough**

Wet weather venue is Bentley Education Centre, next to the park.  
(Please meet by the lake. Parking is in main car park off Datchet Road or N.F.E.R. car park opposite Bentley Education Centre )

**WHEN : Tuesdays 10.30-11.45**

(Please arrive promptly at 10.20 to start at 10.30)

**COST : Free for the 1<sup>st</sup> 8 weeks**

**LAUNCH DATE : 24<sup>th</sup> July 2012**

Tea coffee and snacks provided afterwards in the Bentley education centre -a small donation of £1 welcome.

Sessions will be delivered by Tracy Briggs a qualified yoga instructor.

Please bring a yoga mat if you can, limited numbers provided.

For more information please contact

Tracy Briggs yoga instructor : 07772394819

Ali Woods from Age Uk Berkshire : 07768856722



fit as a fiddle is a programme run by Age UK and funded by the Big Lottery Fund as part of the Well-being programme  
[www.ageuk.org.uk](http://www.ageuk.org.uk) [www.fitasafiddle.org.uk](http://www.fitasafiddle.org.uk)



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