



FREE Outdoor Yoga Sessions
every Sunday

PARK YOGA HORNDEAN

Open to people
of all ages,
backgrounds
and abilities.



Bottom Field, Queen Elizabeth
Country Park, Horndean.

(Look out for the Park Yoga flag)

Sunday 5th May - 15th September

9.30am - 10.30am

No need to book. Bring a mat or towel. www.parkyoga.co