



YOGA & MINDFULNESS FOR GARDENERS & NATURE LOVERS

SUNDAY 12th
a.m. - 1.30
Cody Dock

MAY 10.30
p.m. at



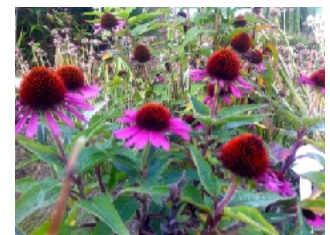
Gardening, working outdoors and physical activities can be peaceful, enriching and bring us into deeper connection with ourselves, each other and the natural world **or** can feel more like hard work, leaving us stiff and sore. Learn how to move in ways that are sustainable for your body, while cultivating your mind and appreciating the great outdoors.



* Practice Hatha Yoga postures for stabilising, stretching and strengthening the parts of the body most used in the garden;



* Learn simple breathing exercises, meditation practices and nature connection activities for relaxation and regeneration, increasing awareness and vitality.



Weather permitting we will be outdoors.

With **Sally Ramsden**. For gardeners, nature lovers & others doing physical work. No experience of yoga/ mindfulness needed.

Cody Dock 11c South Crescent, Cody Rd, Canning Town E16 4TL

For more info: sallyconnecting@gmail.com 07973-689 362

TO BOOK: www.capitalgrowth.org/training or via Eventbrite

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