



HEALTH & WELL-BEING FESTIVAL

ITALIAN GARDEN - CANNIZARO PARK

The Friends of Cannizaro Park

invite you to join our new

I CANN HEALTH & WELL-BEING FESTIVAL

RE-WIND • RE-BOOT • RE-CONNECT

YOGA • PILATES • OSTEOBREATHE • MEDITATION

*Classes to be held in the **Italian Garden** on:*

Saturday 15 August & Saturday 22 August 2020

- 9.00 am - 10.00 am **Mood Enhancing Meditation (15th only)**
- 10.30 am - 11.30 am **Pilates for Posture**
- 12 midday - 1.00 pm **Yoga for Walkers and Runners**
- 2.00 pm - 3.00 pm **Laughter Yoga**
- 3.30 pm - 4.30 pm **Hatha Yoga Flow for all**
- 5.00 pm - 6.00 pm **OsteoBreathe - Breathwork Therapy**

Wednesday 19 August & Wednesday 26 August 2020

- 3.00 pm - 3.30 pm **Family Yoga parent & child 5-9 years (19th only)***
- 3.30 pm - 4.00 pm **Family Yoga parent & child 9-12 years (19th only)***
- 3.00 pm - 4.00 pm **Family Yoga parent & child 11-17 years (26th only)***
- 4.30 pm - 5.30 pm **Hatha Yoga Flow for all**
- 6.00 pm - 7.00 pm **Pilates for Posture**

book in advance on www.cannizaropark.com

payment on-line by credit/debit card - all classes **£10 per adult** who must be over 18

* accompanied children free • all abilities welcome

HOTEL DU VIN WILL BE SERVING HEALTHY DRINKS AND SNACKS

Please bring your own mat or rug

