

**FREE WEEKLY CLASSES
IN THE PARK**
Every Tuesday @
Headstone Manor Park

Headstone Manor Park

Free Weekly Mobility Classes

Starting Tues 1st June at 10am-11am

This class will engage your main muscle groups, get your joints moving and blood circulating in the fresh air of the park.

Designed primarily for the over 60's it is open to everyone. This basic class is to improve your general mobility.



**Please bring
some water!**

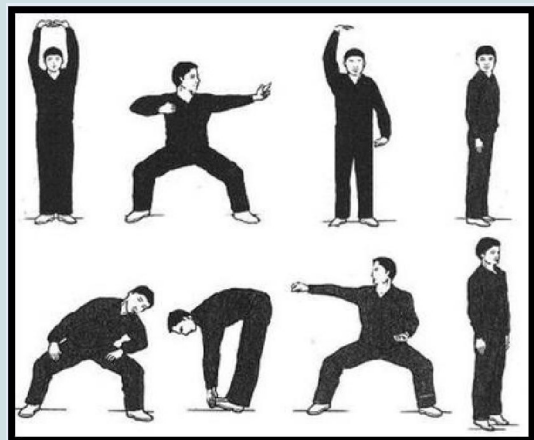
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Mind Angels
Registered Charity Number: 1176005

Free Weekly Qigong Classes

Starting 1st June at 11am-12midday

Stress produces a chemical in your body called cortisol. This negatively effects us mentally and physically. **Qi gong is Stress Reduction without the stress of exercise!** The result of this session would be "**Homeostatis**". Balance in the body and mind. Proven relief from Anxiety or Depression. Lower stress, prevent illness & increase longevity.



These gentle, beautiful and flowing movements promote peace and tranquillity to relieve stress, improve fitness and circulation.



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