

**EXTENDED
THROUGH
AUGUST**



YOGA & TAI-CHI IN WRAY CRESCENT

Friends of Wray Crescent are proud to announce we are **extending** our free **Yoga and Tai-Chi sessions in the park through August.**

Please join our **lyengar Yoga sessions on Thursdays** and **Tai-Chi (Chen Style) sessions on Fridays** at **6:30pm this August.**

Sessions are free, though we request donations toward running them again next year.

Sessions take place on Thursday and Friday evenings at 6:30pm.

When: Yoga Thursdays & Tai-Chi Fridays this August

Where: Wray Crescent Park, activity space.

You need: Please wear loose clothes. For yoga, please bring your own mat.

Cost: Free, donations requested.

Time: From 6:30pm.

Questions?: contact@mywray.org.uk

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