



**Come as you
are & leave
feeling
refreshed &
renewed**

**FREE FAMILY
YOGA
Support each
other**

Family Outdoor Yoga For the Actively Ageing

Come & join 'Nurture by Nina' for FREE gentle FAMILY yoga sessions held on Preston Green (next to the small playground & Sandbanks Kiosk)

Family is so important....children, parents and grandparents can enjoy practicing yoga together and strengthen their bonds while they support each other, get healthy and have fun.

Every Monday from July 22nd – Sept 9th, 12.00-13.00

Preston Green (next to the small playground & Sandbanks Kiosk)

Can join anytime during the 12 week programme

**To find out more go to www.torbay.gov.uk/CAN or www.nurturebynina.co.uk
call 07847 244810 email nina187@hotmail.com to book a space**



**Connecting
Actively to
Nature**

**CAN is a Devon Local Nature
Partnership programme. Find
out more at activedevon.org/can**

