



# Earth Day: Our Woodland, Our Power, Our Planet

## A family-friendly woodland yoga session

Join Karen, a **Nature's Rhythm Yoga Teacher**, and Sarah, **BCA's Woodland Ranger**, for a unique **Earth Day** experience celebrating our connection to nature. This **family-friendly session** blends gentle yoga, grounding breathwork, and nature exploration, encouraging you to tap into the power of the woodland.

- Tuesday 22nd April 2025
- Grin Low Woods
- 5:30 PM – 7:00 PM
- Family Session | Ages 5+
- Hot drink included

**More info &  
booking online:**



**Age 5 - 17:**

**£5**

**Age 17+**

**£10**

*(plus booking fee)*



**SUPPORTED BY**

