

Free Yoga & Relaxation for Children and Adults 1:30 - 4:15 July 3rd

THE
WHITSTABLE
CASTLE
GARDENS



The Tea Gardens Tower Hill

Emma Slade of Whitstable Yoga will be running this event alongside Dharma Karma. It will give people the chance to do yoga outdoors whilst looking over the bay of Whitstable.

The event is open to all, whether you have done yoga before or not and will be a fun, relaxing addition to anyone's Saturday.

1.30-2.00pm-Children up to 10
2.00-2.45pm-Adults of all abilities
2.45-3.15pm-Children up to 15
3.30-4.15pm-Adults of all abilities

Max 30 people per session

Subject to weather

Adults need to supervise children

Dharma
karma
on site massage

Free 15 minute taster massage and reflexology sessions will be provided by Clare at Dharma Karma throughout the event.