



Friends of Valley Gardens Japanese Garden Events 2018



3 FREE EVENTS by Yorkshire Centre for Wellbeing

A sanctuary to Nurture Inspire and Empower

April 2nd Tai Chi with Chris

May 7th James will guide you through a gentle Yogic practice.



June 23rd Anne-Marie will guide you through gentle Yoga and moving meditation while focusing on features in the garden

All Events from 11.00am – 11.45am: moving meditation and exercise suitable for 12+ and all levels

Maximum 30 people per session

No equipment needed;

Registration from 10.30 am at the upper entrance to the Japanese Garden.

(If wet the sessions will be in the colonnade)

The Yorkshire Centre for Wellbeing is Harrogate's premier Yoga and Pilates studio 5 minutes' walk from the Valley Gardens.

Holistic therapies, Tai Chi, Workshops and Ayurvedic Yoga Retreats

Free Wellbeing Events in Valley Gardens

The Yorkshire Centre for Wellbeing will host three free events in the newly restored Japanese Garden.

The construction and planting elements of the Japanese garden restoration in Valley Gardens, supported by a Heritage Lottery grant and donations in kind from NYCC and Harrogate Flower Club, is nearing completion and should be finished by the end of April 2018. For the next twelve months the project is embarking upon a series of events in the garden to engage and inspire our visitors.

It is a well-known fact that both being and working in gardens and green spaces improves a feeling of wellbeing. Japanese gardens in particular, in various parts of the world, are already used for meditation and mindfulness techniques owing to their calm and peaceful ambience.

The Friends of Valley Gardens and Harrogate Borough Council are delighted that the Yorkshire Centre for Wellbeing on Duchy Road in Harrogate has teamed up with us to provide three FREE 45 minute sessions for a maximum of 30 participants per session to explore ways of Wellbeing in the garden; the first session is at 11.00am on Monday, April 2nd, followed by sessions on Monday, May 7th and Saturday, June 23rd, both at 11.00am. The Yorkshire Centre for Wellbeing is Harrogate's premier Yoga and Pilates studio 5 mins walk from the Valley Gardens, with holistic therapies, Tai Chi, Workshops and Ayurvedic Yoga Retreats

On Easter Monday you can try Tai Chi with Chris, adults and children over 12 with any levels of expertise are welcome to come along and see how it feels to practice Tai Chi within the Japanese garden. On May 7th it is James' turn to guide you through some gentle yogic practice, then Anne-Marie's session on June 23rd will guide you around the garden with gentle Yoga and moving meditation relating to the environment and features within the garden.

You can contact Anne-Marie in advance for more information and to register an interest on 01423 524893. On the day it will be the first 30

people to register who are able to take part. Registration commences at 10.30am at the upper entrance to the Japanese Garden. In the event of wet weather the sessions will still go ahead up in the Colonnade near the Sun Pavillion.

