

Meeting	Parks and Open Spaces Committee
Date	7 th February 2023
Report Title	Yoga in the Park
Agenda Reference	12
Author	Caroline Hunt, Community Development Officer and Dave Hunt, Head of Parks & Open Spaces

Officer's Recommendations

1. To note the report.
2. To consider progressing with Yoga in the Park.
3. To approve the suitable public open space locations for Yoga in the Park as identified below and offer any other suggestions to investigate.

Background

Park Yoga provides yoga free of charge outdoors in public parks in the UK. Currently there is a session that has been held in Queens Park in Swindon, which is due to start up again on 7th May 2023 through to 17th September 2023.

The Council started providing indoor community yoga sessions at the Council Offices on Monday 30th January 2023, and it has been an aspiration that this may continue and that eventually some Yoga in the Park sessions which could be held in the Council's open spaces in the summer. The Council has several suitable open spaces, and the sessions may attract people from outside of the parish to visit the amenities that Haydon Wick has to offer.

The model for Park Yoga is that people don't need to book to attend, and its only cancelled if really bad weather such as rain/thunder/lightening. The concept of outdoor yoga is to release endorphins that will focus the mind, minimise distraction when concentrating on maintaining poses whilst strengthening muscles to improve balance.

Guidance

The Community Development Officer has corresponded with the Health and Wellbeing Manager at Wiltshire & Swindon Sport (WASP), who has advised that unfortunately there is no further funding available for new Park Yoga venues this year.

The WASP Manager has advised that the Council wouldn't be able to set up the sessions under the 'Park Yoga' banner, but there would be nothing stopping the Council from setting up our own yoga sessions in the local park, providing the instructor is qualified and has insurance.

The Community Development Officer has also reached out to the organisers of the official Park Yoga to see if there is a possibility to bring its classes to Haydon Wick but is yet to receive a response.

Potential Locations

At Community Development Committee on 7th February 2023 Councillors resolved to develop the idea of Yoga in the Park and to recommend to Parks and Open Spaces Committee the suitable locations for the events to be held (Minute reference CD 216). The idea was to rotate the locations, so they are suitable and nearby for people to walk to.



- Voyager Drive (Haydon End)
- Village Green (Abbey Meads)
- Trent Road (Haydon Wick)
- Havisham Drive (Haydon End)
- King George V Field (Haydon Wick)
- Queen Elizabeth Drive (Haydon End)

Due to limited parking at some of the above locations, attendees will be encouraged to walk or cycle to Yoga in the Park, and 'ditch the car, it's not far'.