

Meeting	Community Development Committee
Date	7 th February 2023
Report Title	Park Yoga
Agenda Reference	13
Author	Caroline Hunt, Community Development Officer

Officer's Recommendations

1. To note the report.
2. To consider progressing with Park Yoga.
3. To recommend suitable public open space locations to the Parks & Open Spaces Committee.

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 is starting some indoor 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 Park Yoga sessions could be held at a Parish owned open space 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.

If Councillors would like to proceed with an initiative like Park Yoga, a list of suitable locations will need to be taken to Parks and Open Space Committee for approval.

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, however, the cost is approximately £2,500.00 to set up and as stated above there is no funding available.