



Yoga in the Orchard Saturday 30th June

It was a beautifully sunny afternoon in Lynsted when a good show of people turned up to experience one of Chris Stookes's yoga classes in the open air of the cherry orchard.

Some settled in the shade, whilst others braved the direct sunlight, but all enjoyed the tranquil surroundings.

A lot of Chris's experienced regulars were present, alongside some of us who are fairly new to yoga, as well as a few absolute beginners but Chris managed to make his class accessible to all. His calm and relaxed approach caters to your spiritual wellbeing and you certainly feel more flexible and stretched by the end of one of his sessions.

Everyone agreed that yoga in the 'open air' was a thoroughly enjoyable experience and hopes that it is something that can be repeated in the near future.