

New Age Games: Yoga at the Glasshouse



Hackney New Age Games proudly presents their 2025 - 2026 programme. Come along to take part in a fun mood-boosting activity with local residents aged 50+.

About This Event

Take a stretch and join free Yoga sessions at Springfield's Glasshouse.

New Age Games helps residents to increase and sustain exercise to recommended levels. Important: To be eligible to attend the scheme, users must be a Hackney resident aged 50+.

Every effort will be made to accommodate attendees, but we base places on a first come, first served basis on the day of each event. This is reflected within our guidance on our webpage.

No sessions held from 7 December 2025 - 18 January 2026

Accessibility Information

Event Time

Every Monday
from Mon, 19th Jan 2026
until Mon, 16th Mar 2026

**Mon,
19th Jan
2026**

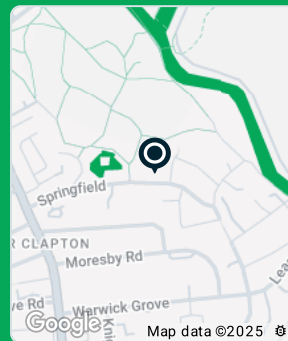
12:00pm - 1:00pm

Event Price

Free

Event Location

**The Glasshouse,
Springfield Park
Springfield Park,
London
E5 9EF**



To register visit: <https://hackney.gov.uk/new-age-games>. Alternatively speak to one of our exercise instructors or contact Darren English on 020 8356 4897 or email; NewAgeGames@hackney.gov.uk for further options.

