

# Mornings in Motion at Hackney School of Food



Join the School of food team for a weekend of light exercise classes in their garden.

## About This Event

Morning in Motion is a free monthly Saturday club at Hackney School of Food, designed specifically for created for older adults and people who have fewer opportunities to be active, offering gentle movement, stretching, and time to connect with others. Each session will be held in our garden room and will combines gentle movement and a nutritious breakfast. This is totally free to access.

Movements may change each month or reflect the seasons, so there's always something new to enjoy.

You can sign up by visiting: <https://docs.google.com/forms/d/e/1FAIpQLSfxB-SMxNMw0cAcZZPnEOoFDv0pSdAa0mqZG-MfnWNDyrQaPg/viewform>

## Accessibility Information



Event Time

Sat,  
28th Mar  
2026

10:00am - 12:00pm



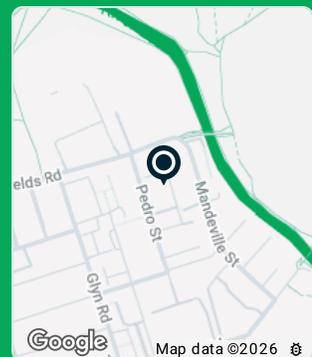
Event Price

Free



Event Location

Hackney School of  
Food  
Oswald Street,  
London  
E5 0BT



For accessibility information, please contact [hello@hackneyschooloffood.com](mailto:hello@hackneyschooloffood.com)

