

# Yoga at the Glass House, Springfield Park



Stretch and release some tension at your own pace with the team and attendees at Hackney New Age Games

## About This Event

Why not take this Monday morning opportunity to attend this relaxing mind & body practise alongside others in your community.

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. It is advised that you book in advance before attending. You can book by using the details in the accessibility information. **No sessions held from 7 December 2025 - 18 January 2026.**

## Accessibility Information

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](mailto:NewAgeGames@hackney.gov.uk) for further options.



### Event Time

Every Monday  
from Mon, 8th Sep 2025  
until Mon, 16th Mar 2026

**Mon,  
15th Sep  
2025**

12:00pm - 1:00pm



### Event Price

**Free**



### Event Location

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

