

# New Age Games: Yoga for Women



Hackney New Age Games proudly presents their 2024 autumn - winter programme. Come along to take part in a fun mood-boosting activity with local residents aged 55+.

## About This Event

Take a stretch at Springfield's Glasshouse. This session is for women only. All abilities are welcome.

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 8 December 2024 - 19 January 2025.**

## Accessibility Information

### Event Time

Every Monday  
until Sat, 22nd Mar 2025

**Mon,  
20th Jan  
2025**

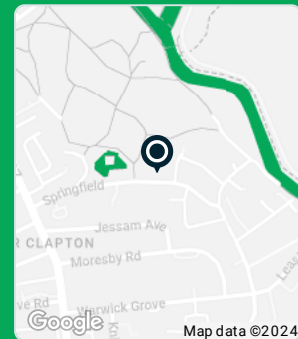
10:30am - 11:30am

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

