



Chair Yoga with Nicole

Join Nicole for a gentle, 45-minute Chair Yoga session designed to help you move, breathe, and find calm. Using a chair for support is a wonderful way to practice yoga and offers many benefits.

These sessions are fully seated and no previous experience or flexibility is required. Chairs will be provided. Wheelchair and mobility scooter users can also participate.

Sessions will take place outdoors in a peaceful, accessible setting, with an indoor option if it's rainy.

Before or after your session, why not take a tranquil moment in Lumini? Book online to secure your free ticket.

Please note: This is an adults-only session for ages 16 and over.

Session Times

- Saturday at 12:30 PM
- Sunday at 3:00 PM

"You don't have to be super flexible, spiritual or a woman to come to yoga. My classes are for everyone."

- Nicole

About Nicole

Nicole is a certified British Wheel of Yoga teacher who has been practicing yoga for over 20 years. She has also trained with the Institute for Yoga Sports Science and the Accessible Yoga School. Nicole is passionate about accessibility and inclusivity within her classes.

Nicole runs regular sessions in and around Newmarket. You can find her in the following places:

- Yoga for Runners at White Tara, Newmarket on Monday evenings
- Chair Yoga at The Stable on Tuesday Mornings
- Chair Yoga at The Day Centre, Newmarket on alternate Tuesday mornings
- Yoga for Runners in Cheveley on Wednesday evenings
- Chair Yoga in Stetchworth on Friday mornings

Participant Information

Day	Saturday 13th Sept Sunday 14th Sept
Time	12:30pm 3:00pm
Where?	Memorial Gardens
Access info	<p>These sessions are fully seated and we will do the same things that you would find in a mat based practice. We will build strength and improve flexibility to help maintain our functional mobility i.e. to do normal day-to-day tasks which can become more challenging as we age or due to the impact of a health condition.</p> <p>These sessions will take place outdoors in the park. While we aim to create a calm and focused environment, please be aware that the park is open to the public and we are expecting crowds. As such, it may be busy and there could be background noise during the activity.</p> <p>The sessions will take place on a grassy area within Memorial Gardens, which is generally level but may have some uneven patches typical of natural grass surfaces. In the event of rain, the session will move indoors to a fully accessible space with smooth flooring.</p> <p>You participate in these sessions at your own risk.</p> <p>If you have any specific access requirements or questions, please don't hesitate to contact us in advance. We are committed to making sure everyone can participate comfortably and safely.</p> <p>If you would like a chat about these sessions before you attend, you can get in touch with Nicole at calmwithnicole@outlook.com</p>