

Holistic Healing

through Sound Vibration, Movement and Nutrition

A unique journey into self-healing through ancient practices for modern wellbeing and a balanced lifestyle.

Join us for a **FREE** special week of daily outdoor sessions in Sutton Park

Monday 11th - 15th May 2026 at 10am – 11:30am

Sutton Park

Boldmere Gate Entrance Stonehouse Road B73 5JL

Each session includes:

- Gentle movement, Tai Chi & Yoga
- Simple breathing techniques
- Introduction to Raag singing
- Nutrition and healthy lifestyle guidance
- Vocal exercises and scales – open to all, no experience needed

These morning sessions are designed to support a positive shift in mood, energy, mobility, and overall wellbeing.

Location:

Near Powell's Pool, close to the Miller & Carter restaurant, by the Boldmere Gate entrance to Sutton Park

Meeting point: Miller & Carter car park

Meeting point

Session will take place here



What to bring: yoga mat, water, maybe layers depending on weather

For further enquiries please contact:

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**Sutton Coldfield
NNS**