

THE BRECKS RIVER DAY (HEALING WATERS)

16TH JULY 2022

JOIN US FOR A FUN AND MINDFULL DAY OF
HEALTH AND WELLBEING
FOCUSED ACTIVITIES & STALLS

BUTTEN ISLAND, THETFORD
10AM - 2PM

OUTDOOR YOGA

5K RIVER RUN

SOUND MEDITATION

FOREST BATHING

PADDLE SPORTS

AXE THROWING

For more info visit: Brecks.org/events



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THE BRECKS RIVER DAY ACTIVITY PROGRAMME

In addition to our activity programme, head to Batten Island between 10am and 2pm for information stalls, and free children's games and activities

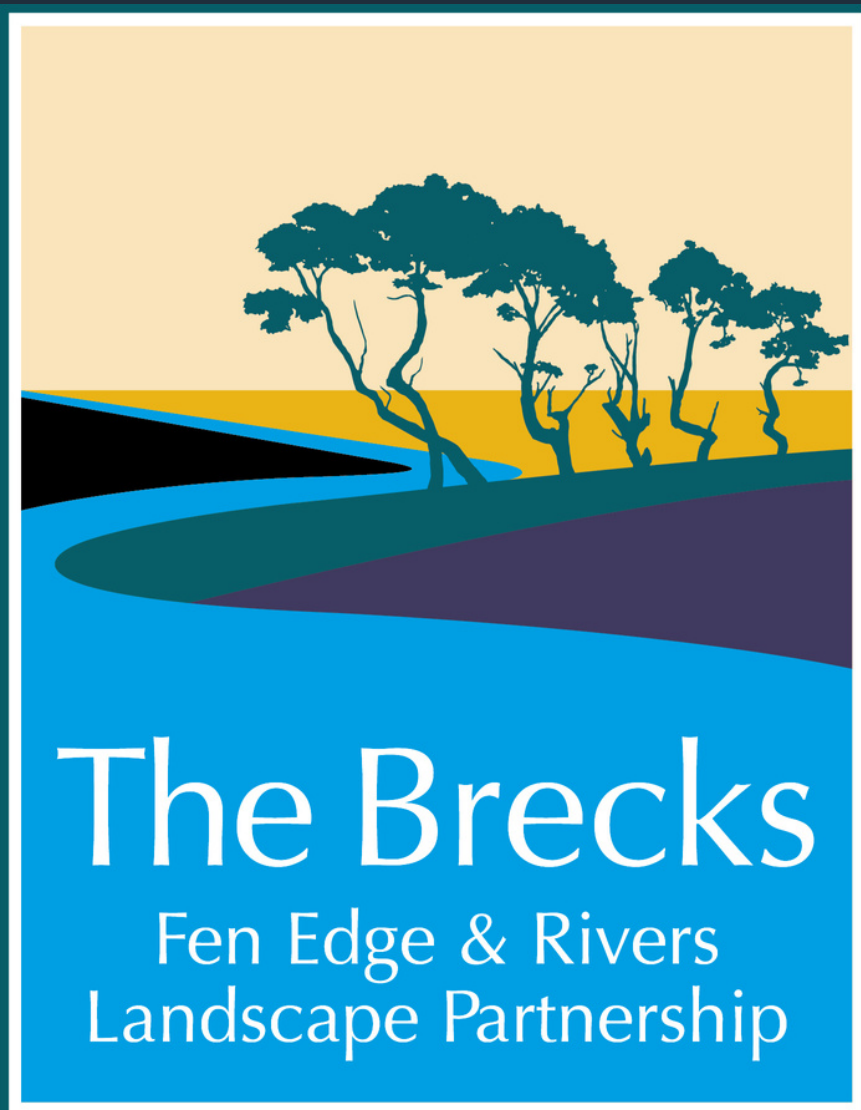
To pre-book activities, visit: Brecks.org/events

10AM	Event Launch Run registration opens	Batten Island
10AM- 2PM	Paddle sports & Axe Throwing: Bush Adventures	Riverside Walk
10:15- 10:45AM	FREE Outdoor Yoga by Yoga with Tracey *Pre-book*	Riverside
11AM	5K River Run with Run Breckland *Pre-book*	Starts at Batten Island

- 11:15-11:45AM** FREE Outdoor Yoga by Yoga with Tracey
Pre-book Riverside
- 11:15-11:45AM** FREE Sound meditation by Sound and Ground
Pre-book Batten Island
- 1:30-2PM** FREE Sound meditation by Sound and Ground
Pre-book Batten Island
- 2PM** Event close and Thak you Batten Island

Bonus activity:

- 3-4PM** FREE Urban Forest Bathing by Sound and Ground
Starting at Lady Gentle Meadow
Pre-book



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