



Skipton Step into Action

Ground Yourself In Green

The Ground Yourself In Green project is back for a second year to bring people together for nature-based activities.

Where? Aireville Park, Skipton

When? Every Thursday starting 5th May until 8th September (excluding 2nd June & 18th August)

What's on?

10:30-11:30am: Mindful Walk and Talk
or 10:45-11:30am: Outdoor Based Mindfulness

11:30am-12:30pm: Crafts in the Park

12:30 - 1:30: Yoga

1:45 - 2:45: Fitness For All

There will also be a month of Mindfulness activities running 10:30-12:30 on 21/28th July & 4th/11th August (more info to follow)

Contact Skipton Step Into Action to find out more or book your free place:



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