Birmingham Parks Ranger Service
Events & Activities

Every Friday
Starting 8th April
10.30am – 12.00

Free to join,
all welcome.

Highbury Park

An introduction to walking as a form of meditation and relaxation.
This will at times be a slow moving activity to help increase personal and environmental awareness.
Meditation can help improve health and wellbeing.
Meeting together encourages social connections and sharing.

Sessions include practice, information and discussion.

Wear sturdy foot ware and dress appropriately for the weather which could be cold, sunny or raining.

Meet at the main entrance to Highbury park, Kings Heath High street/ Alcester road, by the notice board.
Or access the park via Shutlock Lane, Moseley B13 8NZ to use the car park.

Birmingham Parks
birmingham.gov.uk/parks

For more information call:
0121 675 0937

Birmingham City Council

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