

# Theatre games for everyone

## Physical

Physical does not necessarily mean strenuous.

Move to the best of your ability by following simple and effortless exercise movements.

Emphasis is given on listening to our bodies as well as re-learning to move in relation to others.

## Fun

Sessions are informal, playful and fun. Warm-up, play and cool down within a sixty minute period that is meant to remind us the importance of play.



Golden Lane Community  
Centre

**Tuesdays 1200-1300**

The sessions are **FREE**  
Just turn up on the day

Wear comfortable clothes

**Starts Tuesday  
9<sup>th</sup> May 2017**