

12TH SEPTEMBER 2013

Yoga flash mob breaks out in St Albans City Centre for St Albans Bereavement Network



By Rebecca Perring,
Reporter

1:30pm Thursday 12th September 2013 in News

Local yoga schools delivered a huge flash mob in St Albans to raise money for a bereavement charity.

Opened by the city's Mayor Annie Brewster the event hosted by five yoga schools and 25 people aimed to show that activities such as yoga is for everyone regardless of age and flexibility, and not just elite athletes.

As a former international athlete, St Albans Mayor was happy to join in to promote the positive health benefits of yoga in St Albans' first ever Street Yoga Demonstration, to the beat of therapeutic African and Latin American drumming.



Yoga flash mob breaks out in city centre

The event raised money for St Albans Bereavement Network (SABNA) which provides a free service for bereaved families.