

PROJECT "FAIR PLAY 4 INCLUSION"

HIKING AND YOGA

On 2nd of June **ENTREJUEGOS** carried out another local sport activity for the project **"FAIR PLAY 4 INCLUSION"** (Erasmus+ Sport).

The participants walked to the park "El Camorrillo" and then enjoyed a yoga session for beginners. They practiced various basic postures and breathing and meditation exercises in contact with nature.

With this activity we continue to work one of the objectives of the project that is to promote healthy physical and mental habits.

Thanks to Ana for directing this activity to ENTREJUEGOS.



FAIR PLAY 4 INCLUSION

SENDERISMO Y YOGA

ALAMEDA (MÁLAGA), 2 DE JUNIO 2022



Co-funded by the
European Union



Links of the Facebook and Instagram Advertisement Post:

https://m.facebook.com/story.php?story_fbid=pfbid0i7nPG86MDJv5nRZbLXnAhYjCJDhQCco8dDRa6rWmwXa7wfA2NCUtpbzs2Yv75RI&id=100037309450680

<https://www.facebook.com/299217374314371/posts/pfbid0rb7tVvePwubEQ14kQ3By3KByuFhTyqKUG6W4Ps4KQzS45NVCZz5GvizYJfMzd7SEI/>

<https://www.instagram.com/p/CeRFJ2eNF33/?igshid=YmMyMTA2M2Y%3D>



FAIR PLAY 4 INCLUSION

SENDERISMO Y YOGA

2 DE JUNIO 2022, 20H

CAMORRILLO



asociacionentrejuegos@gmail.com



<https://asociacion-entrejuegos.weebly.com/>



@asociacionentrejuegos



@asociacion_entrejuegos



Co-funded by the
European Union

Links of the Dissemination Post of the activity:

https://m.facebook.com/story.php?story_fbid=pfbid0BeKux9TnUmy9cBv97BtsCzzcHqSFCoG9vBCnyqya8JULrA28aKAEGAA5mbMPf2gUl&id=100037309450680

<https://www.facebook.com/299217374314371/posts/pfbid02XxA42hNyWfsad3swms eqae4bnF8JyiEDyx dmWTFWvhLkaaj8S9fhVJFk2mCbAQk4l/>

<https://www.instagram.com/p/CetWdwMNdUv/?igshid=YmMyMTA2M2Y%3D>

News in the Website:

<https://asociacion-entrejuegos.weebly.com/senderismo-y-yoga-junio-2022.html>

Date: 2/06/2022

Venue: Alameda, (Málaga) - SPAIN

Activity carried out: Hiking and yoga (2h)

Aims: Promote physical activity during leisure time, prevent unhealthy habits.

Target Group:

Number of participants: 7 youth

Direct Beneficiaries: Participants, volunteers, Local Community.

Indirect Beneficiaries: youth of our local and regional community, public services of the Municipality of Alameda, members and volunteers of our association, other organisations, project's partners.