



# Newsletter



## Sign up for 30 Days Wild!

This June, join thousands of people taking part in our annual nature challenge, 30 Days Wild! We want you to do one wild thing a day throughout the whole month: for your health, wellbeing and for the planet. That's 30 simple, fun and exciting Random Acts of Wildness.

You'll get a free, downloadable pack of goodies to help you plan your wild month, plus lots of ideas to inspire you to stay wild all throughout June (and beyond!). For extra 'bonus' items, keep an eye on your emails for additional, fun activities, from instructions for baking hedgehog cupcakes to a beginner's guide to wildlife photography.

[Click here](#)



**Dawn Chorus LIVE** (through The Wildlife Trust)  
Sunday 3 May, starts 06:00, Coed y Felin Nature Reserve on Facebook Live

Set your alarm clocks and then lie back for an audio feast as we join Jonny Hulson at our Coed y Felin Nature Reserve to celebrate International Dawn Chorus Day.

---



### Design a Superhero Bear

John Lewis are launching a competition to find a superhero teddy bear, and we need your help designing it. The winning teddy will be sold in John Lewis and Waitrose shops later this year, with 100% of the profits going to the NHS.

To find out more [Click here](#)

---



### Are you up for the Active Wrexham challenge? (and the chance to win a prize to!)

Each Monday morning at 10am a challenge or topic will be set for the week such as; a ball activity; a striking activity; a movement activity etc (You will need to follow them on the links below).

Anyone who would like to take part will have until the 12noon on the Friday of the same week to send their videos, posts, photos etc in and we will select our favourite based on which one we think is the most creative. (The winner will be announced on the Friday afternoon).

Each week the winner will receive a prize of sports equipment which will be based on a different theme.

**For you to be in with a chance of winning a prize follow Active Wrexham at:**

Instagram - Tag @ActiveWrexham

Twitter - Tag @ActiveWrexham / @WrexhamEgniol

Facebook Page - Active Wrexham

---

## And finally.....

If you found yesterdays exercises a bit too excessive, why not try some beginner yoga moves instead?....

# 10 Basic Yoga Poses

for beginners



Mountain



Seated twist



Warrior II



Butterfly



Child's pose



Standing forward fold



Downward facing dog



Seated forward fold



Upward facing dog



Corpse

openfit.

---

Or why not check out the NHS yoga video to follow - [Click here](#)