

**Presentation to Margaret Horwood by the Chairman of the Parish Council,
Councillor Graham Barrett**



At the Parish Council meeting held on 6 January 2020, Margaret Horwood was presented with a plaque by the Chairman of the Parish Council to recognise 45 years as a voluntary yoga teacher. Margaret was accompanied by her daughter Rebecca and granddaughter Lucy Dinn who were here on holiday from Australia.

Jane Taylor, a member of the yoga class for the past 30 years, has nominated Margaret to receive this token of recognition for everything she had done and continues to do for the health and wellbeing of her past and present Bovingdon Yoga Group members.

Margaret is well known in the village having lived in Bovingdon all her life and whilst owning and managing Horwoods village bakery, set up the Bovingdon Yoga Group

The Group began with five members and currently exceeds twenty ladies and gents, along with members continuing to drop in for a session many years after they've moved away from the village, including some who have moved abroad.

Initially based in the Fire Station Social Club to the side of the Memorial Hall, the Group moved into the main Memorial Hall where it has been a constant Thursday evening booking for approximately 40 years.

Group ages currently range from approximately 40-90 years, with many younger and some older having attended along the way; all with the intention to keep themselves as fit and healthy for as long as they're able. Margaret has donated every penny of profit over the 45 years to local charities, such as Bovingdon Day Care, Hemel Alzheimer's' and Dementia Care and the Hospice of St. Francis to name but a few.

The plaque will be sited in a newly created garden, which has been created by the side of the Memorial Hall.