

Autumn Retreat

Saturday 26th October 2024

Hutton Roof, near Kirkby Lonsdale LA6 2PG Cumbria



**Join us for a morning of
slow flow yoga
and afternoon
meditative labyrinth
walk**

Karen Balmer specialises as a Labyrinth Facilitator and
Alison Marsden is a movement specialist in Yoga and
the Alexander Technique

For More Information Contact Alison or Karen on:

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