

YOGA RETREAT—LAKE DISTRICT

Saturday 17th August 2024 10.15am to 4.30pm

with Alison Marsden, teaching since 2001.



Hare Hill Barn, Cartmel Fell, Grange over Sands, LA11 6NZ

This retreat offers yoga for all abilities, increasing flexibility, improving your posture and giving you nurturing time.

The afternoon offers playful, meditative drawing with Fiona Clucas, gaining inspiration from nature in the beautiful grounds of Hare Hill Barn.

The lunch will be provided by Alison's delicious vegan and paleo friendly recipes.



Call, text or email to book - early bird discount available up to 30/6/24

07929 151 240

hello@integratinghealth.com

or find out more at

www.integratinghealth.com

