

Yoga in the Park

Abbots Hall Park, Kendal with Alison Marsden



Saturdays over the summer holidays
donations to your new local charity
Lighthouse Community Mental Health Hub
everybody welcome

Saturday 24th August 10.00am-11.00am

Saturday 31th August 10.00am-11.00am

The
Lighthouse
Community Mental Health Hub



REGISTERED MEMBER
STAT The Society of Teachers of the
Alexander
Technique



W: integratinghealth.com