

Movement is Medicine

Dissolve your worries

Energise your body

Discover your inner peace



Outside all year round at Fletcher Park, Kendal

Mon 9.15am-10.00am

**£8.00 pay as you go or £39 for 6 classes
(online class available if you miss a class)**

Alison Marsden 07929 151 240

Yoga and Alexander Technique Teacher since 2001



More info at W: integratinghealth.com