

YOGA RETREAT

Saturday 13th August 2022—the Lake District
with Alison Marsden teaching since 2001



Soulands Studio, Dacre, Penrith, Cumbria CA11 OJF

- ◆ **Nurture your soul and enjoy a peaceful mind at this one day yoga retreat**
- ◆ **Accessible yoga for all levels of ability, with enlivening yoga in the morning and lazy yoga in the afternoon with a sound bath.**

A light lunch will be provided from Alison Marsden's popular recipes helping you reset your digestion, satisfy your taste buds and energise your body. Vegan, with no pulses or grains, suitable for Paleo diets. Special dietary requirements may be catered for.

Call, text or email Alison Marsden to find out if this is the right retreat for you on:

07929 151 240

hello@integratinghealth.com

Or find out more at

www.integratinghealth.com

