



Soulands Studio

Dacre, Penrith, Cumbria CA11 0JF

Slow Flow Yoga with the Alexander Technique



Fridays 10.00am-12.00pm

Cost £86 for 5 weeks or pay as you go option
Online classes available if you miss a class

Hatha poses using the breath to release tension and regain flexibility. Following with chakra sounds, meditation and a yoga nidra. Helping you return back to harmony in your mind and body. Open to everybody. For bookings contact Alison Marsden MSTAT BA on:
E: hello@integratinghealth.com Mob: 07929 151 240



W: integratinghealth.com