

YOGA RETREAT—LAKE DISTRICT

Saturday 17th August 2024 10.15am-4.30pm

with Alison Marsden, teaching since 2001.



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

Are you in need of some me time to nurture yourself?
Would you like to increase your flexibility, improve your
posture and calm your mind?

This retreat offers yoga for all levels of ability, with enlivening
yoga in the morning and drawing from foraged foods in the
afternoon with Fiona Clucas. The lunch will be provided from
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

