

# 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

Slow flowing movements with your breath, helping you regain your flexibility and align your mind and body into relaxation.

No equipment necessary, just wear loose comfortable clothing.

For full details see website below or contact Alison Marsden on:

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