

# YOGA RETREAT

**Saturday 13th August 2022 10am-4pm —the Lake District**  
with Alison Marsden teaching since 2001



**Soulands Studio, Dacre, Penrith, Cumbria CA11 0JF**

- ◆ **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 with a sound bath in the afternoon .**

**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**

