YOGA RETREAT

Arrive Thurs 9th depart Sat 11th Sept 2021—the Lake District

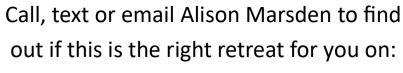
with Alison Marsden teaching since 2001



Shaw End Mansion, Patton, Kendal, Cumbria LA8 9DU

- Time to restore and rejuvenate putting you first so you can reset your mind, body and digestion.
 - Includes: five yoga sessions, cookery demonstration, singing bowls and energy testing presentation.
- Take away some inspiring practices for you to continue promoting your own health and wellbeing.

All meals provided (vegan with no pulses or grains) in a luxurious four star Georgian accommodation. Early bird bookings before 16th July 2021 receive saving of £20.00



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Or find out more at

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