

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

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

