

# Accessible yoga Ulverston



**Croftlands Community Centre**  
**44 Central Drive, Ulverston, LA12 9JN**

**Thursdays**  
**2pm - 3pm**

Funded by



**CUMBRIA**  
COMMUNITY FOUNDATION

Gentle, inclusive yoga for adults aged 50 and over.  
Fun, friendly sessions in a welcoming space.  
A chance to move, relax and make friends.

For more information about this, or our other  
classes, please call us on 01539 728118 or email  
[admin@ageuksouthcumbria.org.uk](mailto:admin@ageuksouthcumbria.org.uk)

cumbria yoga  
foundation

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