

Accessible yoga Grange

**United Reformed Church Hall , Kents
Bank Rd, Grange-over-Sands, LA11 7EY**

**Mondays
11am-12pm**

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



Age UK South Cumbria, 17 Finkle Street, Kendal, Cumbria, LA9 4AB