



National
Trust

Yoga and Walking Weekend 4th-6th April 2014



Vinyasa flow and yin yoga

The weekend will include, yoga, meditation and breath classes, all meals and optional guided walks.

Part strenuous, part relaxing.
Work to your own level.

Yoga teacher Liz Stephensen- Payne

We are delighted to be bringing Liz out of the city to the Yorkshire Dales. Liz is a member of the British Wheel of Yoga.

Information and Prices

Residential at Town Head
Barn, Buckden £210

Non-residential (inc.food)
£170

Saturday only, £90

Please e-mail for further
information

liz.wade@nationaltrust.org.uk

Call 01729 830416 for details

Visit www.nationaltrust.org.uk/upper-wharfedale
<http://www.facebook.com/YorkshireDalesNT>