

# Yoga Day

in aid of Hospice at Home

## Scotby Village Hall

### Saturday 20<sup>th</sup> November 2010

10am - 4pm

Workshops by Local teachers including Pam Horton

£25 per person

Refreshments from 9.30am

Vegetarian meal included

Raffle



Please bring a yoga mat

Wear comfortable loose clothing

Enquiries to Jean Rhodes 01228 513752



**Hospice at Home**  
Carlisle and North Lakeland  
Registered Charity No. 1095708

