

# Crafting Mindfulness

This March at Coleby Hall

The day will comprise of a short yoga session, light lunch and beginner's needle felting class.

Venue: Coleby Hall, Askrigg

Date: Saturday, 16<sup>th</sup> March 2024

Time: 10:30 am – 2 pm

Cost: £35 per person

Only six places available, so please do book to avoid disappointment.

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