

# **YOGATHON 2024**

**IN AID OF ST JOHN'S HOSPICE AND THE  
OLIVE BRANCH FOOD BANK**

**SUNDAY 18TH FEBRUARY 2024**

**HALTON SUITE, HOLIDAY INN, CATON ROAD,  
LANCASTER, LA1 3RA**

**4 SESSIONS STARTING @ 12 NOON, 1PM,  
2PM, 3PM**

**12 NOON- Emmaline Turley - gentle flow yoga**

**1PM - Jean Nelson - chair yoga**

**2PM - Lynsey Finch - seasonal vinyasa flow yoga**

**3PM Sue Denerley - relaxation and sleep yoga**

**BEGINNERS WELCOME**

**MINIMUM SUGGESTED DONATION £5**

**NO BOOKING REQUIRED, JUST TURN UP ON  
THE DAY. STAY AS LONG AS YOU LIKE!**