

# **ROOM TO BREATHE**

**4 Seasons, 4 Days to stretch  
your legs and your mind**

**The next walk is  
Saturday 11 March 2017**

**9.30 am – 4.00 pm**

**Addingham, Ilkley**

**Then:**

**17 June and 23 September 2017**

**13 January 2018**

**Company to walk, talk,  
and think things through,  
with the help of skilled facilitators**

**Each day costs £37, or £111 for four  
For more details and to book a place  
email or ring Chris Powell on  
[walk@sparkuk.net](mailto:walk@sparkuk.net) or 07817 089352**