

ROOM TO BREATHE

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

**The next walk is
Saturday 7 January 2017**

9.30 am – 4.00 pm

Addingham, Ilkley

Then:

11 March, 17 June, 23 September 2017

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

Each day costs £36, or £108 for four

For more details and to book a place

email or ring Chris Powell on

walk@spark.uk.net or 07817 089352