

# Ladies on the Land

## Relax and Reset

### Date

Mon 21st Nov

### Time

6:00 PM

For A 6:30 Start

### Venue

Maple and Pine

Join us for....

30 minute express workout  
*Steph Lunn, Active Farmers*

60 minute yoga session  
Wind down, stretch and relax  
*Alison King Yoga*

Drinks and nibbles

**Bring along a yoga mat and cash for drinks**  
**RSVP via EventBrite**

