

Donations
Welcomed



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All walks will start and finish at Lighthouse Holistic. Walks are generally no more than 1 hour door to door. **No need to book**, simply come along if you fancy. If you want to see if your dog can keep up with Leo, bring them along!

Join Lighthouse Holistic for a leisurely group walk, time out in the fresh air, a moment of tranquility and peace, surrounded by the beauty of nature.

NOVEMBER 2022

Sunday 6th LADS OF LIGHT 10am-11am

Sunday 13th ADULTS 10am-11am

Sunday 13th FAMILIES 3pm-4pm

Sunday 20th ADULTS 10am-11am

Thursday 24th FAMILIES 10am-11am

Sunday 27th LADS OF LIGHT 10am-11am

**No agenda, no expectations, just time to breathe and be.
Unless advised otherwise, whatever the weather, the walk/talk will always be on.**

FAMILY WALKS INFORMATION: On the LHT Family Walks – ALL family members of our Active Angels Tribe are welcome to join.
LHT LADS of LIGHT INFORMATION: Specific Client Group – you know who you are!
Please reach out via your usual WhatsApp Group or Direct Message if you have any questions

