

YOGA

FOR EVERYBODY

CLASSES from April 4th. 2011

BALLYCUMMIN, RAHEEN

PREGNANCY	MON.	7 00pm.
BEGINNERS	MON.	8 30pm.
BEGINNERS	TUE.	7 00pm.
CONTINUATION	WED	8 30 pm.
EXPERIENCED	WED.	6 45 pm.
MIXED ABILITY	FRI.	10 00 am.
POSTNATAL & BABY MASSAGE	TUE.	11 30am.
Lifestyle, Nutrition & Relaxation for Stress	TUE.	8 15pm.

THE OLD BANK, BRUFF

MIXED ABILITY	WED.	10 00 am.
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Individual Tuition & Yoga Therapy

Ayurvedic Massage , Nutritional Therapy

Ayurvedic Massage Training



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www.yoga-ayurveda.ie