

Winter Hatha-Flow

Novara Centre, Bray Seafront

Mondays: 8.00 – 9.15pm

New term begins Nov 7th: 80 euro



- Improve strength and flexibility
- Experience inner peace
- Combat the effects of stress
- Learn to release, relax and let go
- Breathe fully and deeply
- Nurture your Spirit
- Fully experience the present moment

Contact Lara: 087 – 8244728

www.thenovaracentre.ie