



YOGA & CHI GUNG

with Lainey Ennis

Gentle, simple yet effective yoga -make yoga a way of life to increase flexibility, de-stress, & calm your mind. Beginners welcome.

WHERE: NOVARA CENTRE, 11 BRENNANS TCE. SEAFRONT, BRAY

WHEN: FRIDAYS 10-11.15 AM **COST:** €85 FOR 6 WKS

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Lainey is also an Aromatherapist, Colour Therapist, Psychotherapist & Kahuna Massage Therapist.
She is the Creator of 'Soul Journeys in Spain' – Healthy Yoga Holidays in the Sun.