

ENJOYING YOGA!

New Morning Yoga Class at The Novara Centre.

Tuesdays from 9:30 to 11am

10 week classes

€130 for the ten weeks

This class will be aimed at those with some experience of yoga and complete beginners. It will include gentle stretches, twists and bends to encourage the functioning of a healthy body. We will also work with breathing and relaxation.

Joanne Breton is an experienced yoga teacher who started practising yoga in 1989 and trained as a teacher at the Sivananda Centre in India in 1996.

Please contact The Novara Centre to make a booking:

Phone: 01 276 1745

Email: info@thenovaracentre.ie