

YOGA CLASSES in BRAY

NOVARA CENTRE, 11 BRENNANS TERRACE, SEAFRONT, BRAY

Wednesday	10.30am - 11.30am	Gentle Yoga	€60 for 7 weeks*
	11:45am - 12:45pm	Chair Yoga	€60 for 7 weeks*
	6:45pm - 8pm	Improvers Yoga	€75 for 7 weeks*
	8:15pm - 9:30pm	Gentle Yoga	€75 for 7 weeks*
Thursday	8pm - 9:30pm	Strong Yoga	€80 for 7 weeks*

**Autumn Special - 7 classes for the price of 6!*

FOR MORE DETAILS CONTACT RACHEL:

PH: 087 3161446 OR EMAIL: rachellee77@eircom.net

PRIVATE CLASSES ALSO AVAILABLE

Rachel Lee BSc, Dip ITEC, Dip Yoga Alliance