

YOGA in BRAY

NOVARA CENTRE, 11 BRENNANS TCE, SEAFRONT



NEW YEAR SPECIAL
7 CLASSES FOR THE PRICE OF 6!

Classes available for all ages & abilities

Wednesday	10:30am–11:45am	Gentle Yoga	€75 for 7 weeks*
	12pm – 1pm	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*
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PRIVATE CLASSES ALSO AVAILABLE

For more details contact:
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or Email: rachellee77@eircom.net

Rachel Lee BSc, Dip ITEC, Dip Yoga Alliance