

# YOGA 2012



**Embrace the new year with a yoga practice that has the potential to make you feel great on every level – physically, mentally and spiritually.**

## Hatha Yoga: Suitable for all levels

**Monday: 8.00 – 9.15 pm Novara Centre, Bray**

**Thursday: 9.45-10.45 am Novara Centre, Bray**

**Contact Lara: 087 8244728**

(B.A. Hons Psych, H.Dip Mont Ed, YogaWorks, YTI, Radiant Child Yoga Programme)