

FREE YOGA

Classes for Seniors and Adults

We wold like to invite you to join us every Friday from

2.15pm-3.15pm

Starting Friday March 24th

For more information, & register Contact the centre at 01-8179896

Bringing our Seniors & Adult Community together for some slow and gentle Yoga stretches

The class is for Senior & Adult Beginners no experience needed

*Never too old to reap the rewards of Yoga*

Regular yoga practice creates mental clarity and calmness

Increases body awareness

Relives chronic stress

Relaxes the mind

