

***Join us for some FREE***

*~* **Chakra Dancing for Seniors & Adults~**

**with**

**~Chakra Dancing Teacher Frances McDonnell~**

***Freestyle, suitable for all, no previous dance experience needed***

***please wear loose comfortable clothing***

**From April 26th on Wednesdays 13.30pm – 15.30pm**

**Enrolling now at**

**Luttrellstown Community Centre**

**Call 01 8179896 or drop into us**

***‘A Beautiful Workout for Mind, Body and Spirit’***



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