

Comhairle Contae  
Fhine Gall  
Fingal County  
Council



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 26<sup>th</sup> 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'*



