

yoga

join us for **yoga** in Blackrock...

Shape Up, Relax and Energize in 6 weeks!



what:

Power Yoga that combines postures (Asanas), breathing, relaxation and meditation.

This vigorous yoga class is suitable for all yoga levels.

This class is a strong, flowing class focusing on toning, relaxing and energizing the body.

where:

Rock Celtic F.C. on Sandy Lane
(next to Blackrock Community Centre)
Blackrock Dundalk

cost:

6 week course €100, payable on enrollment

summer schedule starts 5 August 2009:
Wednesday's 8:30—9:45pm

class meets on:

5/8, 12/8, 19/8, 26/8, 2/9 & 9/9

Jacqueline Wogan, RYT, MIHCA

087.266.0488

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visit us at: www.divinemovement.com

Divine Movement Yoga



breathe...

relax...

meditate...

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