

Yoga



Yoga Classes

Jan 2020



Gráinne
086-8046781
www.justyoga.ie



Gentle Yoga for Spring



Yoga for every
body, every age &
stage

No experience
required



Beginners

Beginners Yoga:

Wednesday pm

5 weeks

4th Mar – 1st Apr

18:30 – 19:45

Teach Raithneach,
Starinagh, Collon,
Co. Meath



Booking is essential