

Group/Organisation general information form

Name of group/organisation: *Yoga with Naomi*

Contact details

Name of main contact for the group/organisation: *Naomi Kumar*

Phone: *0858162062*

Email: *naomiakumar@gmail.com*

Website or social media information:

www.naomikumar.com

Age profile catered for by the group:

13 – 85 years

Fees and or any associated cost for members of the group/organisation:

6-week course €75

Drop in/pay as you go €15

Brief description of the group's activity:

Safe, non-judgemental environment. De-stress mind and body while exercising.

Days and times the group will meet at Mounttown:

Thursday evenings 7:30 pm

Additional information:

Class open to people with physical limitations, injury or pain. working within a person's abilities to increase strength and mobility