



Yoga Classes

Yoga Classes with Charlotte Molloy
Starting Tuesday 2nd of November at 7:30pm
6 weeks for £60
Mounttown Community Facility (Room 2)
Fitzgerald Park, Monkstown
Ring; 087 6826203 for booking
All levels welcome

Yoga benefits many areas in our lives such as Mindfulness in daily activities, increases our Strength, mobility, flexibility, weight loss and helps reduce stress.

These benefits and more make Yoga a good Choice for your well-being. Variations are Offered for all poses as we recharge the body And calm our mind.