



SARA FALVEY YOGA



Class Schedule, Early Summer 2019

Thursday	3.45-4.35pm	<i>Kids Yoga</i> Ages: 6+	Scoil Bhríde National School, Shantalla	8 Week Course, €65 2 nd May-27 th June (no class 6 th June)
	6.30-7.45pm	<i>Iyengar Inspired Yoga, Mixed Level</i>	Devon Park Holistic Centre, 108 Lower Salthill	8 Week Course, €96 2 nd May-27 th June (no class 6 th June)
	8-9.15pm	<i>Iyengar Inspired Yoga, Mixed Level</i>	Devon Park Holistic Centre, 108 Lower Salthill	8 Week Course, €96 2 nd May-27 th June (no class 6 th June)

Places are limited, to book please email:
sarafalvey@yahoo.com or call: 086-1050300

*Mixed ability classes,
not suitable for
absolute beginners*