

YOGA

TUESDAY

MORNINGS



AT SHAMBALA HOLISTIC CENTRE

TAKE SOME TIME OUT FOR YOU'

FIVE REASONS TO DO MORNING YOGA

- IT FEELS GOOD
- IT HELPS TO CREATE A SENSE OF ROUTINE
- IT'S A STRESS BUSTER
- IT SETS A POSITIVE TONE FOR THE REST OF THE DAY
- YOUR EVENING IS FREE!

Tuesday's 10am

Yoga Class with Evangeline

Suitable for Beginners & Advanced

£8/€10 per class - Book Your Space - Bring Your Mat

Contact Us To Book

P: 0044 7713744589 E: rayoflight108@icloud.com

Immerse yourself in Yoga practice along the tranquil shores of Upper Lough Erne at The Shambala Holistic Centre
48 Geaglum Road, Derrylin, Co. Fermanagh