

# YOGGA



AT SHAMBALA HOLISTIC CENTRE

## WINTER CLASS SCHEDULE

Tuesday's 10am - Yoga Class with Evangeline

Wednesday's 6:15pm - Dru Yoga with Christina

Suitable for Beginners & Advanced

£8/€10 per class

Book Your Space - Bring Your Mat

Contact Us To Book

P: 0044 7713744589 E: rayofflight108@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