

YOGA

TEACHERS CLASS

AT SHAMBALA HOLISTIC CENTRE

With Lucy Lynch

Sunday 13th January 3:30pm - 5pm

Strengthen your own practice with a yoga group specifically designed for Yoga Teachers and students with a strong Yoga practice.

Hone in on Postural alignment.

Deepen your ability to relax through Yoga Nidra
Lucy has 30 years experience as a yoga teacher & body worker.

£12/€14

Book Your Space - Bring Your Mat

Contact Us To Book

P: 0044 7713744589 E: rayoflight108@icloud.com

The Shambala Holistic Centre is located along the tranquil shores of Upper Lough Erne

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