

YOGA

AT SHAMBALA HOLISTIC CENTRE

Free your mind, body & spirit

Therapist Yoga Class

With Lucy Lynch

27th January

3pm - 5pm

Yoga Class For Therapists- this class is geared for massage therapists & reflexologists. Lucy will guide us through a series of stretches that will help us strengthen & open the body. As therapists we sit or stand in specific poses & this can lead to tension & discomfort & even wear & tear on the body. This class will teach us the therapist how to prevent this. Lucy has over 30 years experience as a Yoga Teacher.

Classes will be held on a regular basis.

£12/€14 per class

Book Your Space - Bring Your Mat

Contact Us To Book

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E: rayoflight108@icloud.com

The Shambala Holistic Centre is located along the tranquil shores of Upper Lough Erne
48 Geaglum Road, Derrylin, Co. Fermanagh, BT92 9GN