

SHAMBALA HOLISTIC CENTRE

YOGA

SCHEDULE

MARCH/APRIL CLASS SCHEDULE

Monday's 6:30pm

Hatha Yoga with Christina

Tuesday's 10am

Hatha Yoga with Evangeline

Suitable for Beginners & Advanced

FOLLOW US ON FACEBOOK & INSTAGRAM FOR UPDATES

CLASSES ARE ONGOING - SIX WEEK BLOCKS

£9/€10 per class

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, BT94 9GN