

Family Yoga & Meditation



Cabragh Wetlands ,Thurles , Tuesday 7th Nov

Mums & Babies Yoga 10.30-12.30pm (€50 - 4x weeks)

Tone up, relax and socialise with other new mums and babies. Develop bonding and confidence as a new mum. Course also includes some experts giving advice on nutrition for Mum, Reflexology and Massage for babies. Tea and chat afterwards in the cafe downstairs.

Kids Yoga under 6yrs 2:30-3pm / over 6 yrs 3.30-4.30pm €30- 4x weeks

The kids yoga class are fun and lively. Taught in an Imaginative way they increase flexibility, correct breathing , instil relaxation and concentration. Kids' classes also include arts & crafts

Pregnancy Yoga 6.30-7.40pm (€50 - 4x weeks)

The Yoga is adapted for pregnancy. Experience the physical benefits of yoga, as well as deepening the connection with your baby. Class also gives you a chance to meet other pregnant mums and have a chat.

Meditation 7.50- 9pm (€50- 4x weeks)

Classes include 30 minutes of deep relaxation and visualisation & 30 minutes of meditation:
Japa Meditation - Mantra meditation **Trataka** - Candle gazing, develops a calm steady mind.

Mats, Blankets, meditation cushions and meditation stools & equipment provided

www.tipperaryyoga.com / Sangita 087 3939818

