



# Dance Theatre of Ireland Centre for Dance

## VINYASA FLOW YOGA

Thursdays 10.00-11.15am

A special opportunity to gain an introduction to Vinyasa Flow Yoga, a faster paced class that stretches and strengthens the body. This class combines breathing exercises, postures, relaxation and a little meditation. The class works to unite the body, mind and spirit and is a wonderful method of de-stressing. With Dani Sheil.

10 weeks €90



### To Register:

Email us at [info@dancetheatreireland.com](mailto:info@dancetheatreireland.com)  
or call us on 280 3455

Or Print out and fill in our Registration Form  
(on the *Classes Page*) and return with your  
fee (cheque or postal order)

Or drop into our studio to register & pay in  
person

T 280 3455 F 280 3466  
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[www.dancetheatreireland.com](http://www.dancetheatreireland.com)

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