



Dance Theatre of Ireland Centre for Dance

YOGA

Fridays 7.00 - 8.30pm

This is Hatha Yoga led by Maureen Nightingale founder of Yoga Therapy Ireland. The class will introduce you to gentle safe stretching, classical Yoga postures, breathing techniques, visualisation and meditation. Deep relaxation done in tranquil surroundings.

10 weeks for only €90– ENROL NOW!



To Register:

Email us at
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
E info@dancetheatreireland.com
www.dancetheatreireland.com

Dance Theatre of Ireland
Bloomfields Centre
Lower Georges St.
Dun Laoghaire, Dublin