

YOGA

CLUB

Craving some fun, peaceful relaxation after school? Interested in practicing balance poses, strength-building flows, and mindfulness too?

If that sounds good to you, please join in for
Yoga After School Club!

- Open to students in 1st-3rd class
- 6 students minimum, 10 students maximum
- Runs every Monday from 2:30-3:30pm
- €55 for 8 sessions (fee to Eliya or Class Teacher)
- For more information or to reserve a spot, please email Eliya at eliya@shellybanksetns.ie



