

A morning for me

Relax and renew with a walking and Yoga session



Did you know that pairing yoga with your walking routine is the ultimate fitness combination to not only tone your body but also an essential way to stretch your muscles, alleviate pain, and relax and renew.

This womens group will meet on Tuesday morning a 9.30am for a 5k walk followed by Tea /Coffee break and a 1-hour yoga session.

This is a free 6-week taster session and all levels of fitness are welcome.

To book a place please contact Marion on 085 1766304. Places are limited.



Sláintecare.

