

Yoga

Yoga (Beginners)

Day/Time: Mon 7:00-8:00pm
Duration: 10 weeks
Tutor: Sue Malone
Fee: €100

Yoga (Mixed level)

Day/Time: Mon 8:00-9:00pm
Duration: 10 weeks
Tutor: Sue Malone
Fee: €100

Hata Flow Yoga

Day/Time: Sat 10:00-11:00am
Duration: 10 weeks
Tutor: Sue Malone
Fee: €100

We often think of Yoga as an exercise to improve flexibility, but did you know that yoga has a wide variety of benefits and can help with a range of physical and mental functions including balance, posture, stress levels, concentration, blood circulation and nerve function. Join our class and feel the benefits for yourself.

Please wear comfortable clothes such as leggings or tracksuit bottoms with a t-shirt and /or sweatshirt. Layers are good so that you can adjust according to temperature. Please also bring a yoga mat!

Enrolment Details

Courses will only be run if there are sufficient enrolment numbers. Course enrolment for a particular course may only be secured by full payment of course fee. Fees are strictly non-refundable unless the school decides not to run a course, in which case all fees will be refunded by post or directly to your credit card.

You can enrol online at www.adultedtiernans.ie, over the phone (086 7902260) or in person at one of our enrolment evenings.

Cheques should be made payable to St. Tiernan's Community School and should have your bank card number on the back.

The school and its management accept no responsibility for loss or damage to the property of students, including vehicles on the grounds.

