

Yoga *for mental wellness*



1979 40 YEARS 2019

Wednesdays
2.15pm – 3.15pm
12th February – 22nd April

Why Yoga...

- Reduce stress
- Boost mood
- Grounding practice
- Better concentration
- Connect with yourself
- Time for self-care
- Better posture
- Increase strength
- Increase flexibility



To register for a place – Please call 021 4226064

Shine Resource Centre, 14A Washington St West, Cork City