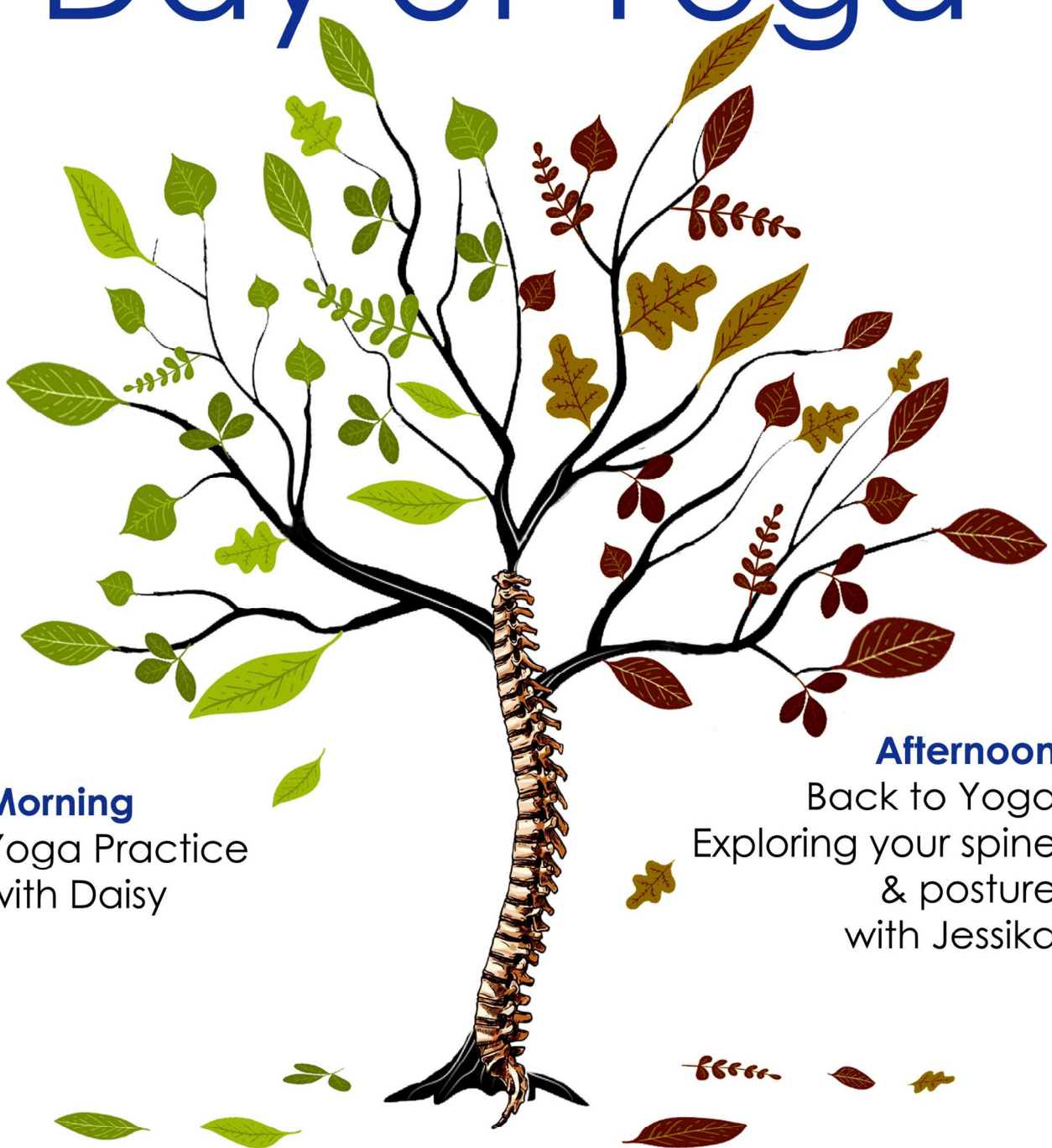


Day of Yoga



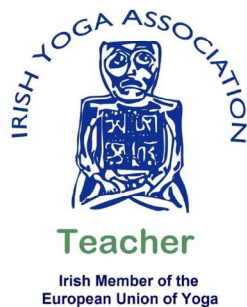
Morning

Yoga Practice
with Daisy

Afternoon

Back to Yoga
Exploring your spine
& posture
with Jessika

Venue **Root to Light**
Tullamore
November 11th
10am - 4pm
Cost €50



To book

please contact
Jessika 083 4843099
Daisy 086 4141113