

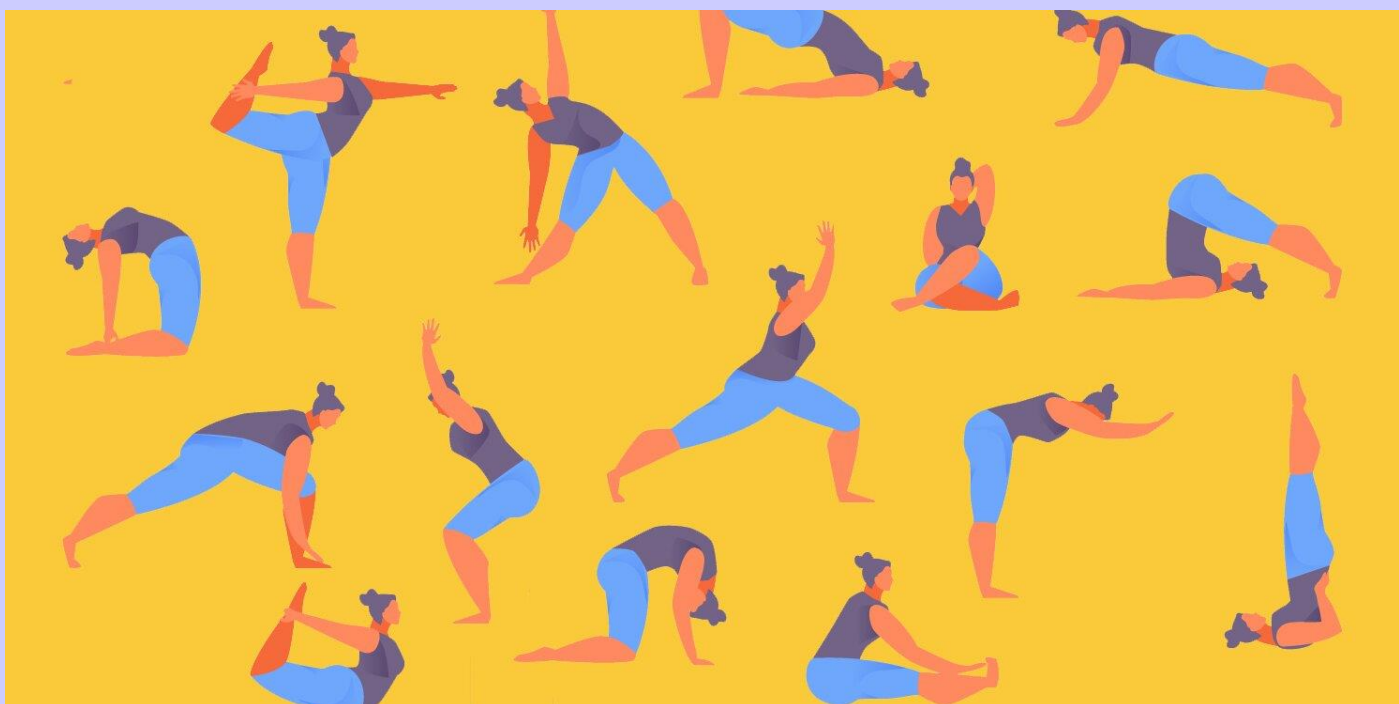


Quarryvale FRC



Gentle Yoga

Gentle Yoga improves balance and posture and contributes to general well-being.



Day: 10 Thursdays starting the 19th of January

Time: 10 a.m. to 11 a.m.

Cost: €50

Venue: Quarryvale FRC @ QCYC, Greenfort Gardens

To register: Please call 01-626 9151