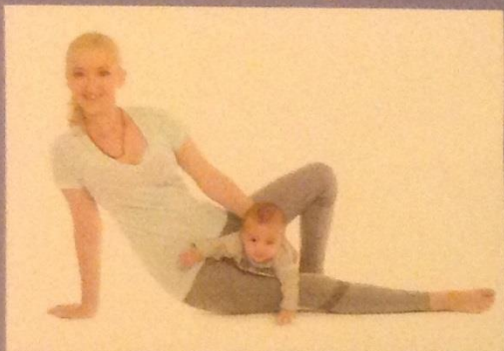


Aisling Yoga & Family Wellness

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Bookings 01-8254690

Autumn Term Classes @ The Yoga Room Ratoath

Check out our Facebook Page 'Aisling Yoga & Family Wellness' for information & special offers!

Term begins Wednesday 23rd & Thursday 24th
September 2015



€1 per class fee paid & €2 per merchandise purchase goes directly to LauraLynn.

Location: The Yoga Room Ratoath. Village Centre, Main Street, Ratoath, Co. Meath

See reverse for timetable of classes for this term.

Autumn Term Classes @ The Yoga Room Ratoath

Wednesday 23rd September - Wednesday 21st October:

12.45-1.45.P.M. New Mum & Baby Yoga for 6 week - 6 month olds.
Term Fee €60.

2.15-3.15.P.M. Parent & Baby Yoga for 6 month - 18 month olds.
Term fee €60.

Thursday 24th September - Thursday 22nd October:

12.15-1.30.P.M. Infant Massage class for Parent/ Caregiver & Infant
from 5 weeks - 12 months old. Term Fee €70 (includes oil, handouts,
& refreshments).

Note: Refunds are available from many private health insurance plans.
If you think you may be entitled to this please ask!

2.00-3.00.P.M Sling & Dance Class. For those who love to baby wear
& want to get moving, emphasis on fun! Term fee €60.

3.30-4.30.P.M. Early Movement for 18 month - 4 year olds.
Term fee €35.

4.15-4.45.P.M. Kids Yoga for 3 - 6 year olds. Term fee €35.

Discounts may apply if booking more than one class per
person/ parent & infant. Please enquire when booking.