

# GENTLEYOGA



*Do you need greater flexibility?  
Do you need relief from stress?  
Do you want better sleep?*

**Introductory 6 week course for  
complete beginners of all ages**

**WHERE:**

*Yoga Dublin Studios,  
28a Dartmouth Road, Dublin 6*

**WHEN:**

*12 September to 19 October 2016*

**TIMES:**

*Mondays 3pm to 4.15pm  
Wednesdays 10.30am to 11.45am*

**COST:**

*€15 per class,  
€75 for 6 classes,  
€120 for 12 classes*

**BOOK:**

*drjohnfmcguire@gmail.com  
087 255 1723*



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## ABOUT COURSE:

*This course is designed for complete beginners, and particularly those who are over 45, who would like to acquire greater flexibility and achieve higher levels of relaxation. Each class consists of a sequence of movements and postures which are suitable for all levels of fitness. Each class concludes with a period of relaxation.*

## ABOUT CLASS:

*Arrive in good time 10 minutes before the class is due to begin. You will need to bring a yoga mat and wear light loose clothing like t-shirt and leggings/ track suit bottoms/shorts.*



## ABOUT TEACHER:

*John McGuire is a certified yoga teacher having studied under David Curtis ([vinyasayoga.ie](http://vinyasayoga.ie)) for three years. John has been practicing yoga for almost two decades.*

