

Yoga & Meditation Classes

for 4th, 5th and 6th Class



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Where: Scoil Bhríde

When: Wednesdays

Group 1: 3.00 to 3.45 and Group 2: 3.55 to 4.40

Starting Wednesday 18 September for 5 weeks (to 15 October)

Cost 35 euro

Limit of 15 students per class

Teacher: Helen O'Connor

Qualified Children's Yoga Teacher and Therapeutic Yoga Teacher for children
with special needs

Name of Child _____

Parent's Name _____

Phone Number _____

Any allergies or health issues _____

Class time _____

Please return form and money (cheques can be made payable to Scoil Bhríde) to Ms
O'Connor by Tuesday the 17th of September