

# **dru** Yoga

**Mon & Wed morns**  
***Empower Your Week!***

**in Beyond Harmony**  
**10/11 Marine Tce, Dun Laoighre**

**Mon & Wed 7.30-8.30am & 10-11.30am**  
**with Seán M Kelly B.Sc. Dip (Appl.Sc)**

- **Increase your health & vitality**
- **Relax your mind**
- **Nourish your Soul**



**Dru Yoga is gentle and inspiring, suitable for all ages and all levels of fitness. Come along & experience it for yourself!**

***8 classes for €120 (€15/class)***  
***or €20 per drop in class!***

**Reserve Your Place**

**Phone: 087 2494954**

**Email: [info@seanMkelly.com](mailto:info@seanMkelly.com)**

