

Yoga Schedule

Monday

6:30pm - 8:00pm	Prenatal Yoga ALL LEVELS	Joanne
8:15pm - 9:15pm	Yoga LEVEL 1	Kerstin

Tuesday

6:30pm - 7:30pm	Iyengar Yoga LEVEL 2	Greg
7:45pm - 9:15pm	Iyengar Yoga LEVEL 3	Greg

Wednesday

6:45pm - 7:45pm	HOT Vinyasa Yoga LEVEL 1/2	Babs
8:00pm - 9:00pm	Hatha Yoga LEVEL 1	Lynsey

Thursday

6:30pm - 7:30pm	Beginners/Improvers Yoga LEVEL 1	Nikki
7.45pm - 9:15pm	Prenatal Yoga ALL LEVELS	Joanne

Friday

Closed

Saturday

Workshops etc, see website...

Yoga Course Prices:

1 hour	7 week course @ €90
1.5 hour	7 week course @ €100

Drop in Class Prices (space permitting)

1 hour	€15
1.5 hour	€17
Unwaged	€10

www.samadhi.ie

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