

Parents, ease into 2023 with a little.....

Yoga & Mindfulness

When; Thursdays 2nd of Feb - 30th March

Duration; 5.15pm-6.15pm

Location; the Library at Mercy Beaumont

Fee; free of charge

Instruction will be given by experienced yoga teacher Karolina. You will need to wear comfortable clothing and bring your own mat.



Please RSVP with [Oona hscl@mercybeaumont](mailto:Oona_hscl@mercybeaumont) or text 0861857703