



# MUMMY & BABY YOGA (Dads Welcome too!)



**DUBLIN HOLISTIC CENTRE**  
**THURSDAYS**  
(FROM 10TH NOVEMBER 2011)  
@ 11.30AM

5 WEEKS €50 OR  
DROP IN €15 PER CLASS

BABIES FROM  
6 WEEKS TO 1 YEAR

For more information & bookings  
please contact:

**RACHEL**

on 086 845 3864 or  
email [Rachel@mywellbeing.ie](mailto:Rachel@mywellbeing.ie)



TARA WELLBEING STUDIO  
[www.mywellbeing.ie](http://www.mywellbeing.ie)