



# PREGNANCY PILATES & PREGNANCY YOGA



**DUBLIN HOLISTIC CENTRE**

## **PREGNANCY PILATES**

TUESDAYS @17.30 (45 MINUTES)

6 WEEKS €70

## **PREGNANCY YOGA**

THURSDAYS @18.30 (60 MINUTES)

6 WEEKS €90

DO BOTH CLASSES FOR €140,  
2 CLASSES PER WEEK, FOR 6 WEEKS!!!

JOIN IN AT ANY STAGE AFTER  
12 WEEKS PREGNANT

For more information & bookings  
please contact:

**RACHEL**

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