

promotion



TARA WELLBEING STUDIO
www.mywellbeing.ie

2 Prudence readers have the chance to win a free 10 week course each with Tara Wellbeing Studio!

SELECT FROM YOGA, PILATES OR BODY BOOTCAMP

Simply answer the question below and send your reply to: win@prudence.ie
Winners will be announced in the next issue of Prudence out November 1st!

Competition Question:

Tara Wellbeing Studio offer classes in which of the following?

- A Yoga, Pilates and Body Bootcamp
- B Music & Drama
- C Arts and Crafts



Therapies offered include: Life Coaching, Nutrition Advise, Personal Training, Crystal Healing and Reiki. Private, Corporate & Group Classes also available.
Call or Text Rachel: 086 845 3864, Email: rachel@mywellbeing.ie
Tara Wellbeing Studio, 9 Meath Street, Dublin 8. www.mywellbeing.ie



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