

LAUGHTER YOGA CLASSES

LAUGH YOUR WAY TO FITNESS
AND WELLBEING



STARTING: **WEDNESDAY, SEPTEMBER 10th 2014**

VENUE: **WESTPORT LEISURE PARK** TIME: **8pm**

COST: **€25 FOR 4 WEEKS** or **€8 PER CLASS, PAY AS YOU GO**

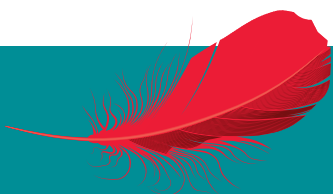
BOOK NOW -PLACES LIMITED!

CONTACT: **FIONA** on **087 2337109**

www.fionahoban.ie

YOU DON'T NEED A SENSE OF HUMOUR
YOU DON'T NEED TO FEEL HAPPY
YOU JUST NEED TO TURN UP

(IN COMFY CLOTHES WITH A YOGA MAT IF YOU HAVE ONE)



FIONA HOBAN

CORPORATE WELLBEING & PRIVATE COUNSELLING