

Take time to
slow down,
breathe deeply,
and reconnect
with yourself.



Join this Meditation, Breathwork & Mindfulness class,
designed to help you reduce stress, improve focus,
and cultivate a greater sense of calm and
balance in everyday life.

Thursday
evenings
from
19:00-20:00

What to bring:

- A Mat
- Eyemask
- Comfy Blanket

&

An Open Mind



Location:
Dominic's
Community Centre
60 & 60A
Avonbeg Gardens
Tallaght
Dublin 24
D24 KW58

Email: fuinneamhfitness96@gmail.com

Or WhatsApp: 086-1727539

to book your space.

Classes are €15 or €10 if you bring a friend