

ALISON HAUGHTON



CANDLELIGHT YOGA/SOMATIC FUSION CLASS

THE CORE STUDIO GLASTHÚLE CO DUBLIN

A wonderful fusion of Gentle Yoga and Somatic movement that rebalances, realigns and releases all your tight muscles that become restricted due to development reasons, habitual patterns, injuries or stress. Ease of movement is exceptional after each class, enabling the body to walk in a much more balanced way. No Yoga or exercise experience is needed, all are welcome, Yoga Somatic Fusion is for everybody regardless of age or fitness level.

STARTS FRIDAY THE 8TH SEPTEMBER 7:00pm-8.00pm
€15 DROP IN / €12 STUDENT / €75 FOR A 6 CLASS CARD



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