



# Restorative Yoga Workshops By Claudia at the Core Studio:

Sundays 12.30 to 1.45 pm

**25th February:**

**Love Yourself!**

**Yoga for Empowerment, Confidence and Self Belief**

**Sunday Evening 6.30 pm**

**Guided Meditation and Yoga Nidra:**

**4th March:**

**Restorative Yoga Shamanic Drums Sound Bath**

**11th March:**

**Restorative Yoga for Attracting Abundance**

**18th March:**

**First Chakra: Finding Strength and Support**

**25th March:**

**Hips Openers (second Chakra): Let go and Release**

**1st April:**

**Solar Plexus - Unleashing Personal Power**

**8th April:**

**Heart Center - Loving Kindness**

**15th April:**

**Throat Chakra: Express Yourself Freely and Fearless!**

**22nd April:**

**6th and 7th Chakras:**

**Developing Trust in your Wisdom and Intuition**

**29h February:**

**Chakra System Balancing Restorative Yoga**

**Please Book in advance!!**

The Core Studio (71 Glasthule Road, Dun Laoghaire)

www.yogafitness.ie - info@yogafitness.ie - 085 763 7981