

# KUNDALINI YOGA



## SUN & MOON CENTRE

**NEW FOR 2013**

Sun and Moon Yoga  
and Healing Centre

Augustinian Lane (off  
Thomas & Catherine  
Street), Limerick City



- Monday 10.30-12.00 *Mia*
- Monday 1.00-2.00 lunchtime meditation *Annette*
- Tuesday 10.30-12.00 *Annette*
- Wednesday 1.00-2.00 community *Annette*
- Wednesday 7.30-9.00 *Mia*
- Friday 4.00-5.00 Community *Mia*

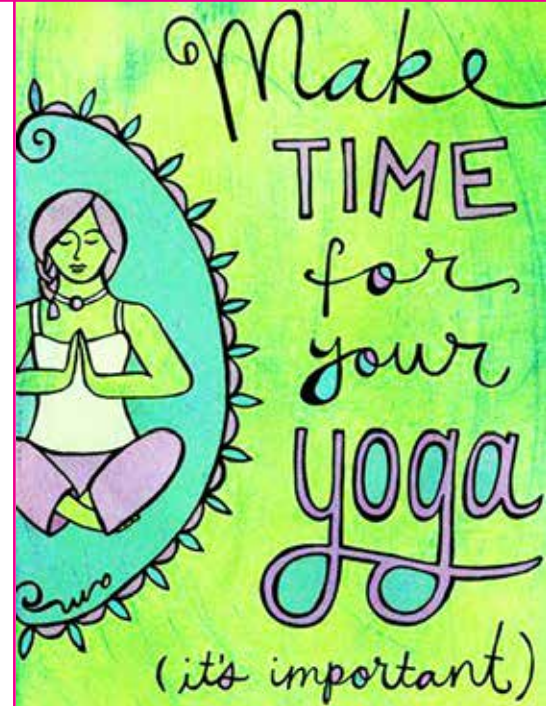
## Yoga classes

Drop in **€12**

4 class series **€40**

8 class series **€64**

Community &  
Meditation classes **€5**



Call Annette on 089 4549247  
Call Mia on 089 4907928

[www.sunandmooncentre.com](http://www.sunandmooncentre.com)

