



RISE AND THRIVE

Yoga for Everybody and Every Body

Studio Location:

First Floor, Thurles Leisure Centre, Cathedral Street, Thurles. E41 V6D6

Tuesday Classes

6:30pm Age Well Yoga

Yoga for aging bodies and young at heart souls. 60mins

8:00pm Warm Breathe-Yin

Slow down, breathe deep, stretch and release. 60mins

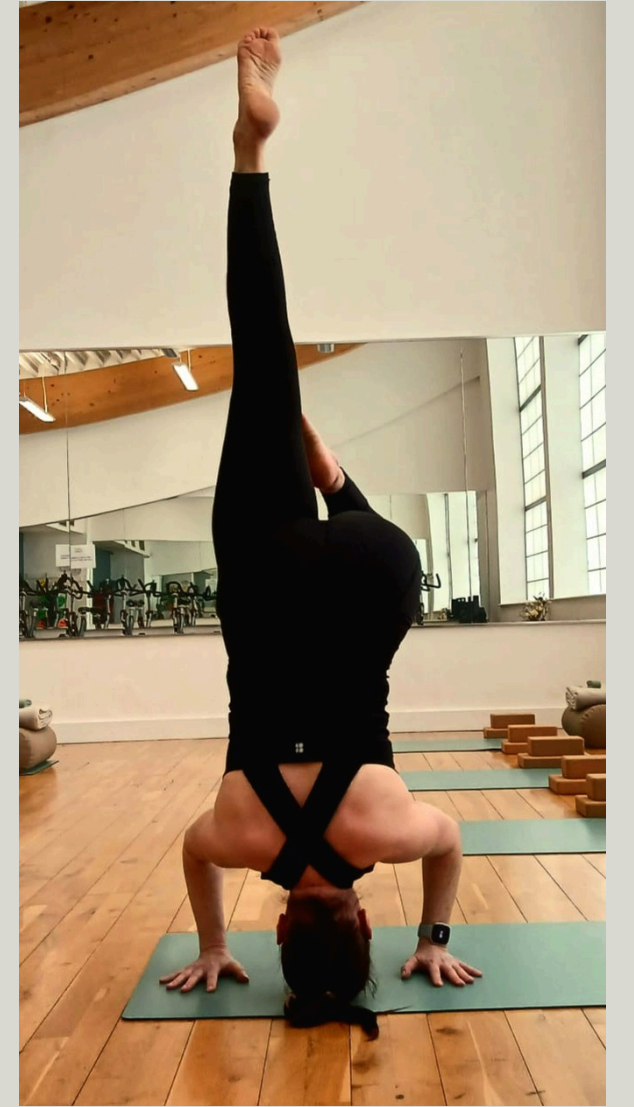
Thursday Classes

6:30pm 360 Degree Yoga Flow

A complete dynamic practice for a complete you. Suitable for all levels. 60mins

8:00pm Warm Deep Stretch & Breath for Sports Performance

Unlock your body, master your breath and elevate your game. 75mins



Book a Class:

Text or WhatsApp Mairéad on: 087 057 3662

Drop-in Class: €14.00

2 Class Bundle: €25.00

6 Class Bundle: €75.00



Actual Studio Set-up. All equipment provided as shown. Just bring yourself.



Contact Us

Email: risethriveyoga@gmail.com

Phone: 087 057 3662

Facebook: RiseandThrive Yoga

Instagram: @riseandthriveyoga

