



# Blaney Spa & Yoga Centre

*Healthy  
Living*

Loughshore Road, Innishbeg, Blaney

7 Miles from Enniskillen close to Lough Erne Golf Resort

## SPRING/SUMMER 2009 PROGRAMME

<b>Monday</b>	6.00 - 7.00 pm 7.30 - 8.45 pm	<b>Antenatal</b> with Gabriele <b>Tone-Zone</b> with Joyce Chapman
<b>Tuesday</b>	10.00 - 11.15 am 7.00 - 8.15 pm	<b>Over 40's Yoga</b> with Gabriele <b>Intermediate Dynamic Yoga</b>
<b>Wednesday</b>	6.00 - 7.15 pm 7.30 - 9.00 pm	<b>Beginners Yoga</b> <b>Cuban Salsa Dancing</b> with Xiomara
<b>Thursday</b>	7.00 - 8.15 pm	<b>Beginners Dynamic Yoga</b>
<b>Saturday</b>	10.30 - 11.45 am	<b>Morning Yoga - Practice</b>

*One-to-One Classes by Appointment.*

*Terms starts 2nd February 2009*

*Please Note: Classes run for 10 week blocks.*

*Except Antenatal Class 6 week course starts 23rd February 2009*

*Large range of various Holistic Massage Therapies on offer*

*Hot Stone Treatment / Beauty Therapies*

*Groups Welcome for Healthy Days, Hen Days, Relaxation Time*



**Further information and bookings**

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