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landing image

New Members Box

Benefits of Core Yoga

Core Yoga is a powerful practice that combines traditional yoga asanas with modern fitness techniques. It focuses on strengthening the core muscles, improving flexibility, and enhancing overall health. Regular practice can lead to increased energy, better posture, and reduced stress.

One of the key benefits of Core Yoga is its ability to improve core stability. A strong core is essential for maintaining good posture and preventing back pain. Additionally, the practice promotes mental clarity and emotional balance through mindful breathing and meditation.

Core Yoga is suitable for people of all ages and fitness levels. It offers a variety of poses and sequences that can be tailored to individual needs. Whether you are a beginner or an experienced practitioner, you will find Core Yoga to be a rewarding and transformative experience.

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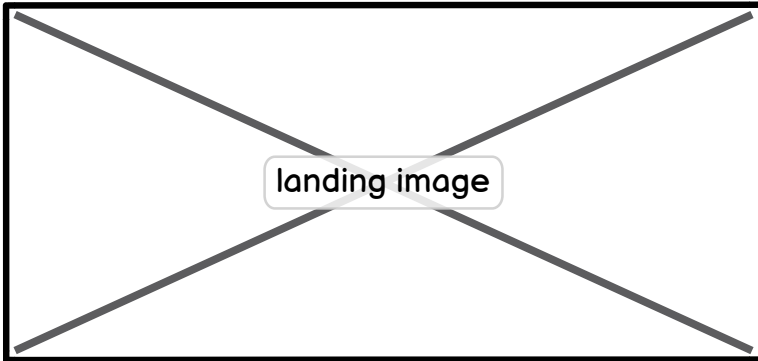


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Benefits of Core Yoga

Core Yoga is a powerful practice that strengthens the core muscles, improves posture, and enhances overall health. It is a gentle yet effective way to build strength and flexibility, making it suitable for people of all ages and fitness levels. Regular practice can lead to increased energy, better balance, and a more toned physique.

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Class Timetable

Day	Time	Class	Location	Level	Duration
Monday	07.00	Core Yoga	Ranelagh	Beginner	1hr
Tuesday	07.00	Core Yoga	Ranelagh	Beginner	1hr
Wednesday	07.00	Core Yoga	Ranelagh	Beginner	1hr
Thursday	07.00	Core Yoga	Ranelagh	Beginner	1hr
Friday	07.00	Core Yoga	Ranelagh	Beginner	1hr
Saturday	07.00	Core Yoga	Ranelagh	Beginner	1hr
Sunday	Rest day				

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Class Timetable

Monday

07:00

Core Yoga

Ranelagh

Doclands

1hr

Tuesday

07:00

Core Yoga

Ranelagh

Ballsbridge

1hr

Sunday

Rest Day

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First name

Last Name

Email

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- ☐ Ballsbridge
- ☐ Ranelagh

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