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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. This practice is suitable for all levels of fitness and can be adapted to suit individual needs.

One of the primary benefits of Core Yoga is its ability to improve core strength. A strong core is essential for maintaining good posture, preventing injury, and supporting the spine. Regular practice of Core Yoga can lead to a more stable and balanced body.

Core Yoga also promotes mental clarity and stress reduction. The combination of physical movement and mindful breathing helps to calm the mind and reduce anxiety. This practice is an excellent way to incorporate mindfulness into your daily routine.

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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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Get in touch with us

First name

Last Name

Email

- ☐ New Member
- ☐ Intermediate Member
- ☐ Advanced

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