

## ABDY

## DUBLIN, IRELAND

CONNECTING TO THE SOURCE SESSIONS

**13 JUNE 2023** 

First session: 6pm-7.30pm Second session: 7.30pm-9pm

Exchange: €50.00 for one session or €90.00 for both\*

Payable at venue. Cash only please.

Location: Tallaght Community Sports Complex,

> Balrothery Tallaght Dublin 24, Dubin FirCode D24 V322 Ireland

Info: You can pay at the door. Please bring a yoga

> mat or a blanket and a pillow, and dress comfortably to lie on the floor. If your body can't lie flat comfortably, we also have

chairs available.

Please bring your own water bottle.

Contact: Ian Devine

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+353876707236

**Connect:** abdy.info

\* For financial considerations please contact your host.







