



J. H. Kim Taekwon-Do Institute
Carrigtwohill, Ireland

HATHA YOGA (Men, Women, Teens) is now being run twice a week at the Dojang. We are extremely lucky to have our very own Yoga Instructor in Ms. Tara Fitzgerald. Hatha yoga is a series of physical exercises with anatomical alignment and breathing techniques used to promote strength, flexibility, balance and mental and body awareness. Yoga is known for its calming and relaxation effects.

Tuesday @ 9:30am and @ 6:30pm

FREE for members / €10 for non-members

€50 for 6 classes

Come and observe class's at our **full time Dojang** in **Carrigtwohill Community Centre.**



Please visit our website for full details and class schedule.



www.tkd-ireland.com



www.facebook.com/jhkimcork



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Contact: Ms. Fitzgerald for further info at tldmpf@icloud.com