

Wellness Day for First Mothers of Adopted Children



with Chroi Yoga.

Date: Saturday, July 29th.

Time: 11.am. – 4.pm.

Venue: The Wellwood Centre, Wells, Bagenstown, Co. Carlow.

20 mins from Kilkenny & Carlow <http://www.thewellwoodcentre.ie>

How to stay well through the gentle practice of Hatha Yoga , Pranayama Breathing & Yoga Nidra. A day to safely, lovingly retreat into the Self. Set in a beautiful spacious urban wellness centre with open plan yoga studio, all surrounded by an amazing garden. Delicious nourishing vegetarian lunch will be prepared & served by in-house vegan cook, herbalist & acupuncturist Pat Gaynor.



Intimate Group Size - 12.

Cost : Donation 10 Euro towards lunch.

NOTE: To attend the Saturday evening dinner afterwards in Kilkenny you **must** attend the full day retreat.

Full Details/Bookings Contact Christina Breen, Yoga Teacher/Ki Massage Therapist and First Mother www.chroiyoga.com 086 – 668 5787



Special Thanks to Mary & Pat Gaynor Proprietors The Wellwood Centre for sponsoring the day retreat. Namaste.