

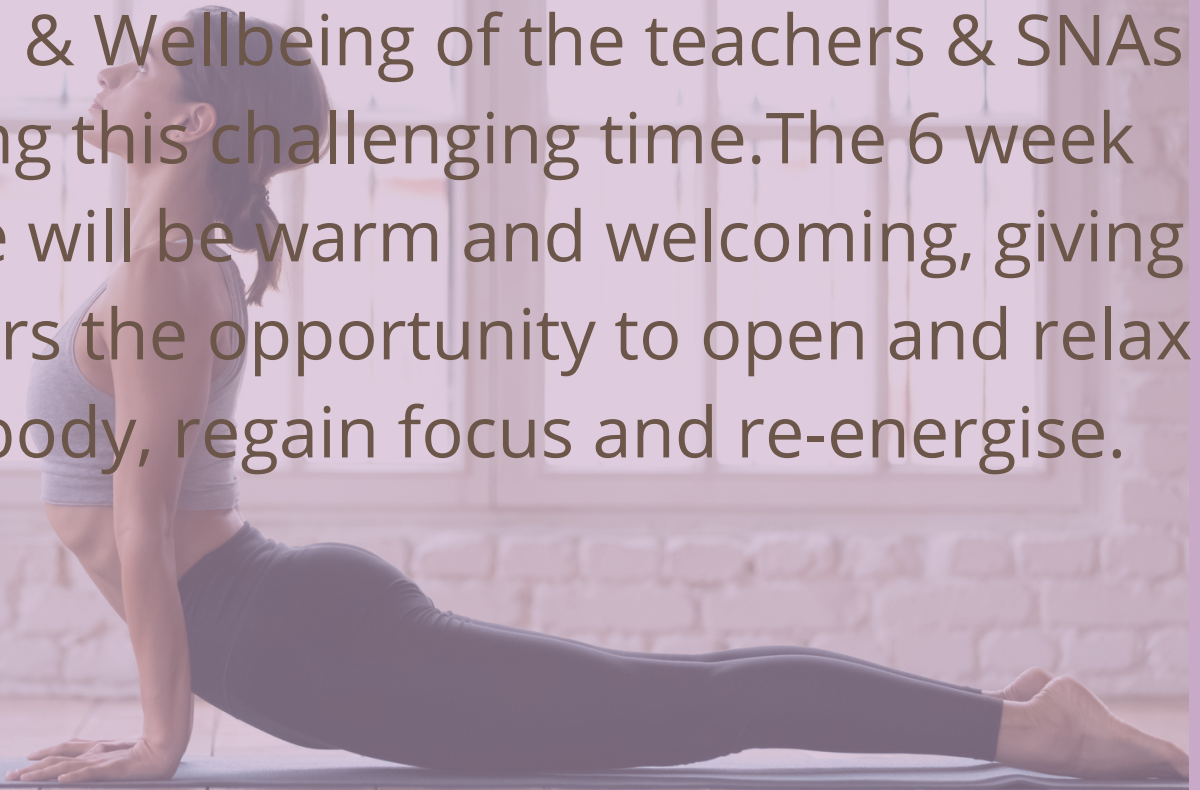


# Tuam Education Centre

IONAD OIDEACHAIS THUAMA

## YOGA & WELLBEING SUPPORT FOR SCHOOLS

This Yoga Class is especially designed for the Health & Wellbeing of the teachers & SNAs during this challenging time. The 6 week course will be warm and welcoming, giving teachers the opportunity to open and relax the body, regain focus and re-energise.



TUESDAY 9/16/23/30 NOVEMBER  
7 & 14 DECEMBER 2021 @ 5 PM - 6PM  
[www.galwayec.ie](http://www.galwayec.ie)

Ionad Oideachais Tacaíochta na Gaillimhe  
GALWAY EDUCATION SUPPORT CENTRE

