



HER
space



Women's FREE WORKSHOP

1

MINDSET

Empowering individuals with tools and techniques to enhance self-esteem, resilience, and mental well-being.

2

SELF-DEFENCE

Learn practical self-defence skills to boost confidence, enhance safety, and build physical strength.

3

YOGA

Experience the benefits of yin yoga and reiki for tension release, breath connection, flexibility, and inner self-bonding

Join our **FREE** workshop designed just for women (Age 18+).

Experience it before committing to our 6-week program. Gain essential skills and boost your confidence.

RESERVE YOUR SPOT NOW!

Location

ONGAR COMMUNITY
CENTRE

15 Ongar Distributor Road,
Ongar Village, Dublin 15,
D15 VR72

Thursday

22.02.2024

18:00-20:30



Comhairle Contae
Fhine Gall
Fingal County
Council

Active Travel & Sport



Book **HERE!**

