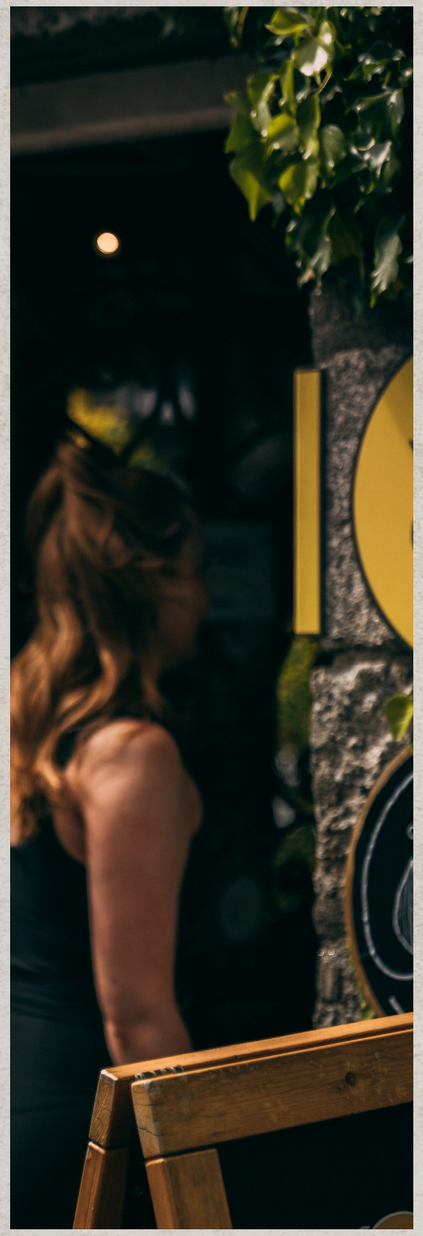
YOGA DUBLIN
EST. 2003



FOR SHOWING INTEREST

In using our business to promote health & wellness in every shape and form. Yoga & Pilates is a tool used to decrease stress, improve concentration and promote wellness for your employees.

We believe by using our services you are building a healthy work environment supporting your employees and your business. Or if you are renting the space sharing your knowledge with the community.

We are privileged and excited to be assisting you on this journey.

In this document you find an overview of our yoga and mindfulness offerings. You will also find our room/studio rental offerings for events.

If you would like to learn more, please contact us at manager@yogadublin.com

Thank you

welcome

ABOUT US

We are based in South Dublin, at three locations from city to suburbs, each with their own personality and benefits.

In Ranelagh, our traditional style studio with a seasonal garden and coffee shop by One Kinda Folk; or Dundrum, conveniently located at Ballaly LUAS stop next to our friends at Grindstone -both locations allowing for a relaxing class followed by cuppa and catchup.

At Rathmines enjoy the quietude right on a busy hub, while soaking in the infra-red heaters nourishing warmth. We visit your home with our live 'At Home' streaming and the outdoors of Dartmouth Square & Palmerston Park each summer season.

SERVICES

We offer a wide range of multi-functional rental spaces for all your needs. As well as onsite/off-sight business classes.

PRIVATES

- *For one on one attention*
- *For you and your friends & family*

STUDIO RENTALS

- *For teachers to offer workshops or day retreats*
- *For those wanting to offer events*

TREATMENT ROOMS

- *Physios*
- *Acupuncturists*
- *Massage therapists*

COPORATES

- Off-site classes
- On-site classes
- Hen parties
- Groups events

Locations

RANELAGH

Our Ranelagh studio feels like an oasis when you walk in. Immediately walking into a garden, with our lovely friends one kinda folk serving up some of the best coffee & Matcha in Dublin.

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Studio 1

- *Holds 28ppl*
- *Room can be heated or cooled*
- *30 bolsters*
- *40 blocks*
- *30 Prop blankets*

Studio 2

- *Holds 24ppl*
- *Room can be heated or cooled*
- *30 bolsters*
- *40 blocks*
- *30 Prop blankets*

Ranelagh
28a Dartmouth Road,
Dublin 6
Ireland

studio1

studio1

studio 2

YOGA

RATHMINES

Our Rathmines studio is in the heart of Rathmines, Although in the hustle and bustle of the city as soon as you walk up the stairs the world gets quiet.
There is nothing like this anywhere else in Dublin.
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- *Holds 35ppl*
- *Room can be heated or cooled*
- *35 bolsters*
- *40 blocks*
- *30 Prop blankets*

1st Floor, 111 Rathmines Rd
Lower, Rathmines, Dublin,
D06 K5F6

YOGA DUBLIN

RATHMINES

At Night

DUNDRUM

Our Dundrum studio is conveniently located on the ballaly luas stop in Dundrum. Only 12 minutes from city Ceter and Sandyford on the other end. We have two studio rooms & 2 treatment rooms.

Just downstais in a great cafe called munch and coffee shop called gridnstone as well as a pub..

Studio 1

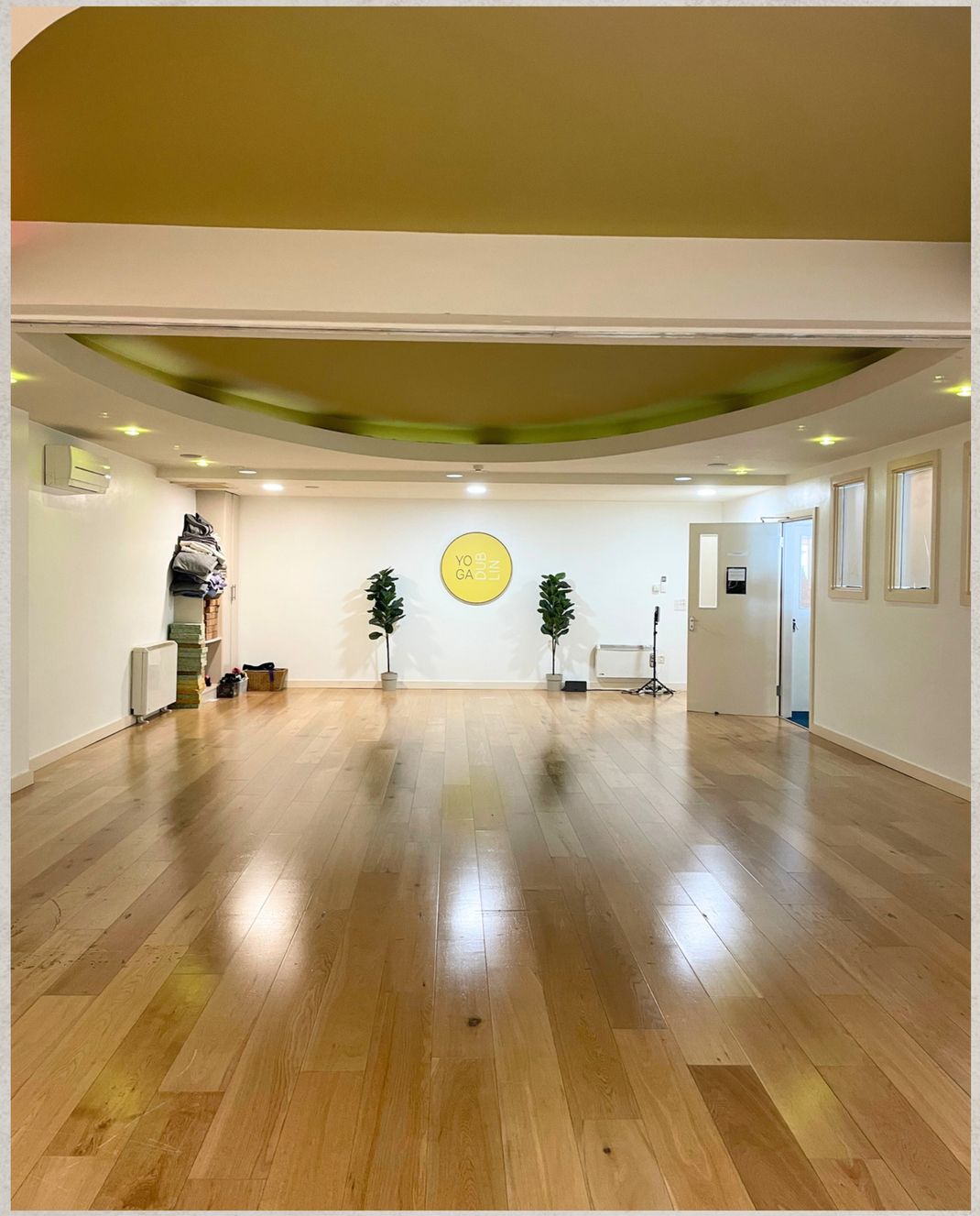
- *Holds 22ppl*
- *Room can be heated or cooled*
- *35 bolsters*
- *40 blocks*
- *30 Prop blankets*

Studio 2

- *Holds 26ppl*
- *Room can be heated or cooled*
- *35 bolsters*
- *40 blocks*
- *30 Prop blankets*

4a, Rockfield Central, Balally
Luas Station
Dundrum, Dublin 16, D16 T970

studio



studio 2

OUR PACKAGES

Other deals please inquire for quite adaptable to your needs

Packages

BUSINESS PRO

This is for companies who want to offer a wellness programme to their employees.

Starting rate €160 per class
10 class pack 10% Discount
20 class pack 20§ Discount

PRIVATES

This is for clients who want one on one classes.

Or for a small group

Using a specialist teacher for a one hour general level class

€80 for one person
€120 for two people

A voucher is given for a free class on our schedule to each client attending. Mat rental included.

Please enquire if you want to arrange for more information on larger groups

Packages

BUSINESS WORKSHOPS

Designed to your requirements
suggested 2 hour time slot from €200
onsite or in studio by arrangement

eg. Restorative and relaxing yoga/Beginning yoga/Yoga for posture/Yoga for aging/Womens' Health yoga/Kids yoga/Teen yoga

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EVENTS/ROOM RENTAL

All prices are quoted VAT exclusive (VAT is 23% on room rental)

Rentals

€50.hour
€150 = 4 hours
€225 = 6 hours
€300 = 8 hours

Reception staff available by request €15/hour

Use of mats/props/other materials on application.

WHY YOU SHOULD USE US?

We collaborate with some of the best teachers around Ireland. Our studios and quality we offer are some of the best studios in the ares. Based across 3 locations, over 80 teachers and options for on-site classes.

TO CONNECT

Email: info@yogadublin.com
Tel: (01) 298 0300/412 6813