

## Public Courses

We provide a number of courses for the public. Please select from the menu option to find out more about each course.

You can book on a scheduled course or we can set up a private course for you individually, or with some friends.

### Course Bookings:

To enquire about availability and for course bookings email [mary@innerbliss.ie](mailto:mary@innerbliss.ie) This email address is being protected from spam bots, you need Javascript enabled to view it

or call Mary on 087 202 1727