

BOOKING FORM:

Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Phone: \_\_\_\_\_

Mobile: \_\_\_\_\_

Email: \_\_\_\_\_

Deposit: \_\_\_\_\_

I am hereby sending a booking deposit of €20 for the following days:

- Yogic Activism
- Subtle Anatomy
- Asana & Pranayama

Please make all cheques payable to the **Irish Yoga Association** & post booking form to:

**Monique Walsh**  
**31 Llewellyn Grove**  
**Rathfarnham**  
**Dublin 16**

Details:

Venue: All 3 days will be held in **NUI Maynooth**, South Campus, Divinity Room.

Cost: €80 per day or  
€140 for 2 days or  
€200 for 3 days  
All prices above are **inclusive** of a light vegetarian lunch.

Times: 9.30am Registration  
10 – 1pm Workshop  
1 – 2pm Lunch  
2 – 4.30pm Workshop

For more information please contact:  
**Monique Walsh 087 9033762**  
or **01 4934672**

or go to:  
**www.iya.ie**



A Member of the  
European Union of Yoga

**TEACHERS  
DAYS  
CPD**

**2009 – 2010**



**5<sup>th</sup> December 2009**

**YOGIC ACTIVISM**

With

**Marlene ffrench Mullen**

This day intends to explore and provide ways for us to discover and be confronted with our own, very singular position regarding our **life on this planet**. Is there something in Yoga that asks the practitioner **to take action**?

We will approach this with the following tools:

- The reading of chapter 3 of the Bhagavad Gita
- Practical activities and games
- Yoga asanas
- Meditation practices
- Group discussion

Through an exploration of these concepts, her own approach to asana, group activities and partner-work, Marlene will guide participants in an investigation of current ecological issues, and will explore some solutions.

**Marlene** qualified as a Yoga teacher with the Irish Yoga Association and trained their teachers for many years. She has studied with Jenny Beeken, Donna Holleman and Patabi Jois and holds an Iyengar teacher's certificate. Marlene has led a number of workshops on this subject in Ireland and at the European Union of Yoga annual Congress this year in Zinal Switzerland.

**6<sup>th</sup> February 2010**

**SUBTLE ANATOMY**

With

**Bernie Conor**

Exploring various asana & pranayama practices that affect the **sympathetic & parasympathetic nervous systems**.

Delve more deeply into the **endocrine system**.

Experience the psychology of the **Chakras** through colour, sound & posture.

**Bernie** has been the A&P Tutor on the IYA Teacher Training Course & on the Post Graduate Course. Her experience as a nurse & as a yoga practitioner, make her sessions exceptionally interesting & relevant.



**12<sup>th</sup> June 2010**

**ASANA & PRANAYAMA**

With

**Miriam Brady & Gabi Gillessen**

Indulge in a morning's practice of Asana & Pranayama, to deepening your personal practice, to enthuse & inspire your own practice.

Explore various & novel-teaching skills in Asana & Pranayama in the afternoon & feel free to bring along any specific questions you may want to have explored.

Use this day to get a flavour of what is on offer on the Post Graduate Course.

**Miriam & Gabi** have been working closely together for the past few years – teaching together on the Post Graduate Course, Tutor Training Course, Zinal 2008 & in India 2009. They have developed a very unique style of working together based on mutual respect & support which creates a very secure environment within which students can explore.

**FOR MORE DETAILED INFORMATION ON ANY OF THE DAYS PLEASE GO TO THE IYA WEBSITE [www.iya.ie](http://www.iya.ie)**