

How long have you practised Yoga?

With which teacher(s)?

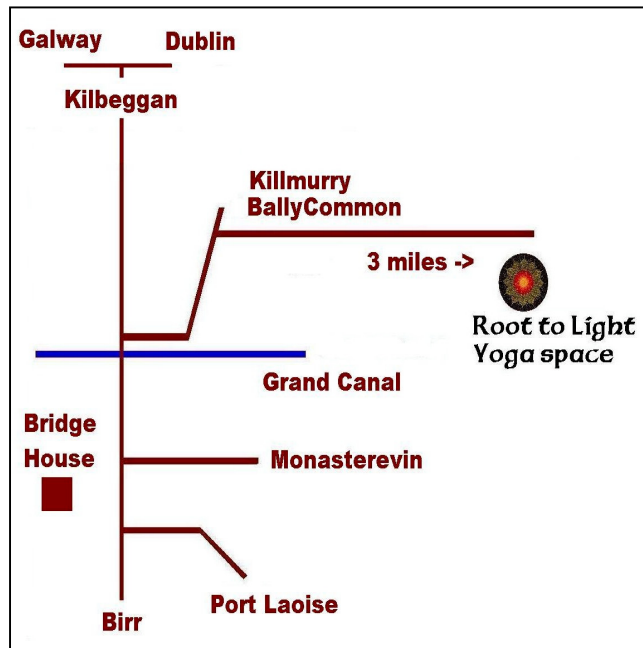
Any recent ailments or injuries?

What can you bring to this course?

What would you like from this course?

Please detach & send to:
Gabi Gillessen
Wood-of-O
Tullamore
Co. Offaly

DIRECTIONS:

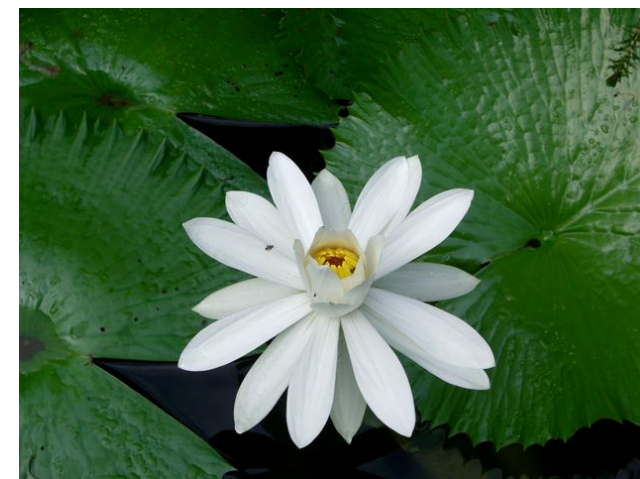


YOGA

Deepening the Practice

For more detailed directions please contact:

Gabi
086 3796776 or 057 9320478
Or go to www.roottolight.com



- Would you like to deepen your understanding and practice of Yoga?
- Would you like to explore breath awareness, posture work and relaxation?
- Would you like to be introduced to meditation, philosophy and anatomy and physiology?
- Would you like to meet other like minded people and become part of a wider community of Yoga practitioners?
- Would you like to experience an environment that would prepare you for progressing to the IYA Teacher Training Course without obligation?

Then this might just be what you are looking for!!

Venue: Root-to-Light Yoga Space,
Tullamore, Co. Offaly

Time: 1 Saturday per month,
9.30am – 4.30pm

Dates: 17th October 2009
14th November 2009
12th December 2009
23rd January 2010
13th February 2010
13th March 2010
3rd April 2010

Cost: €60 a day
Discounted rate if paying for the course in two instalments!

Course Content:

Meditation: Introduction to meditation techniques, learning how to sit for meditation, exploring various focuses in meditation.

Breath Work: Becoming more breath aware, the relationship between breath, posture and way of being.

Asana: Explore Yoga postures more deeply, the importance of alignment, developing a home practice.

Relaxation: Experience a number of relaxation techniques.

Philosophy: Introduction to basic Yoga texts. What is Yoga?

Anatomy: Basic introduction to the bones and muscles of the body, exploring the anatomical range of movement in the joints of the body.

Inversions: How to go upside down safely and the correct use of props.

A certificate of attendance will be awarded, by the **Irish Yoga Association**, to all who complete the full 42 hour course

If you would like any more information please contact:

Gabi 086 3796776 or 057 9320478

yogabi@eircom.net

www.roottolight.com

www.iya.ie

APPLICATION FORM:

NAME: _____

ADDRESS: _____

PHONE (H): _____

PHONE (M): _____

EMAIL: _____

I would like to do this course because:
