

## DETAILS:

**Date:** Saturday 27<sup>th</sup> & Sunday 28<sup>th</sup>  
March 2010

**Time:** Saturday 9.30am – 5pm &  
Sunday 9am – 4.30pm

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

**Cost:** €130 IYA Trained Teachers &  
Trainees, €150 Non-IYA Teachers &  
Trainees

Please send a non-refundable deposit  
of €80 to the address on the booking  
form.

All cheques to be made out to the  
**Irish Yoga Association.**

Please bring your Yoga mat, blanket,  
pen & paper and **lunch.**

Places will be limited & offered on a  
first come first serve basis, so be sure  
to book early!

## DIRECTIONS:

For detailed directions please go to:  
[www.roottolight.com](http://www.roottolight.com)  
or ring Gabi on 086 3796776.

## LOCAL B&B'S / HOTELS:

Gormagh B&B,  
Durrow 057 9351468

Dinnis Cottage,  
Tullamore 057 9323528

Littlewood,  
Durrow 057 9351364

Ivy Lodge,  
Tullamore 057 9341151

Annaharvey Farm,  
Tullamore, 057 9343544

Tullamore Court Hotel  
057 9346666

Bridge House Hotel  
057 9322000



**A Member of the  
European Union of Yoga**

**CPD Seminar with**

**OVIDIU POP**

**The Practice of Yoga in  
Unusual Life Events /  
Moments.**

**27<sup>th</sup> & 28<sup>th</sup> March 2010**

## Ovidiu Pop



Ovidiu began his Yoga studies in 1990 with **Mario Sorin Vasilescu** who transmitted the deep meaning of Yoga to him. Ovidiu is a Yoga Teacher Trainer for the GNSPY Romanian Yoga Federation and has delivered workshops in Zinal, for the European Union of Yoga in 2004, 2009 and together with Mihai Ganj in 2005. Ovidiu and Mihai have led two seminars in Ireland, which were very well attended and received. Ovidiu is a qualified Psychotherapist and holds a PhD in Psychology. He lectures in Psychology and Educational Studies at the University of Bucharest. But, as he says himself, above all, the most important aspect is his daily practice and life itself, as his Teacher!

## **The Practice of Yoga in Unusual Life Events / Moments.**

Ultimately Yoga is a way of Life, not a practice that removes us from Life. We don't need another Life to live fully, we only need to experience this Life, with all the challenges it holds, as fully as and as completely as we possibly can.

Proposed topics that will be covered on this weekend:

- How to live in society or in solitude
- How to develop appropriate solutions in difficult situations
- How to live in hot and cold climates
- Living in bacterial and viral environments
- How to balance all our systems through Yama and Niyama

Usually we live in familiar conditions or environments but we have the ability to adapt ourselves to very many different conditions. Frequently we are forced to adapt very quickly to new life conditions or situations, needing to find solutions for our physical, mental or emotional survival. Unfortunately our solutions are not always appropriate! But the Practice of Yoga holds the key!

**Don't miss this unique opportunity!**

## **BOOKING FORM:**

**Name:**

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**Phone Number (H):**

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**Phone Number (M):**

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**Email:**

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Please send a non-refundable deposit of €80, together with your booking form to:

**Gabi Gillessen,  
Root-to-Light Yoga Space  
Wood-of-O,  
Tullamore,  
Co. Offaly**

For any more information please ring

**Gabi** on:  
(057) 9320478  
(086) 3796776

Please note all cheques are to be made payable to the Irish Yoga Association.

