

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:
Aoife Lydon,
Tooreen,
Moyard,
Co. Galway

DIRECTIONS:

Coming from Galway as you arrive in Barna pass through the traffic lights and take the next left (by Supervalu) into Barna Village Centre. The Yoga Shala is beside Mulberry's Restaurant at the back of the car park.

For more detailed directions please contact:

Aoife Lydon
086 8421400



YOGA

Deepening the Practice



- 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?

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:

Aoife 086 8421400

aoifemlydon@gmail.com

www.iya.ie

APPLICATION FORM:

NAME: _____

ADDRESS: _____

PHONE (H): _____

PHONE (M): _____

EMAIL: _____

I would like to do this course because:

Then this might just be what you are looking for!

Venue: Yoga Shala, Unit 16, Barna Village Centre, Barna, Co. Galway

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

Dates: 20th February 2010
20th March 2010
10th April 2010
15th May 2010
19th June 2010
17th July 2010
14th August 2010

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