

BOOKING FORM:

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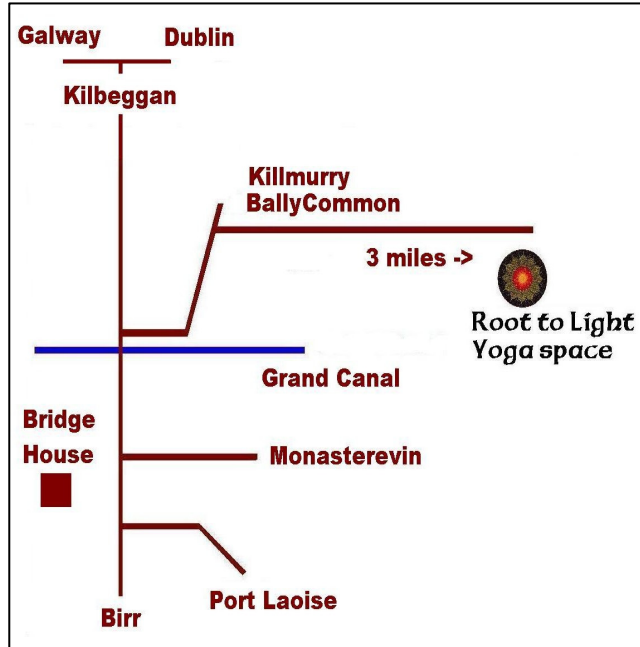
All cheques made payable to **Irish Yoga Association.**

Please send a non-refundable deposit of **€100** to:

MIRIAM BRADY
24 Rock Lodge
Killiney
Co. Dublin

Miriam Brady 087 6545631
yogamb@yahoo.co.uk

DIRECTIONS:



For more detailed directions please go to:
www.roottolight.com
or ring Miriam 087 6545631

Local B&B's / Hotels:
Gormagh B&B, Durrow 057 9351468
Littlewood, Durrow 057 9351364
Ivy Lodge, Tullamore 057 9341151
Brookside, Tullamore 057 9351277
Tullamore Court Hotel 057 9346666
Bridge House Hotel 057 9322000

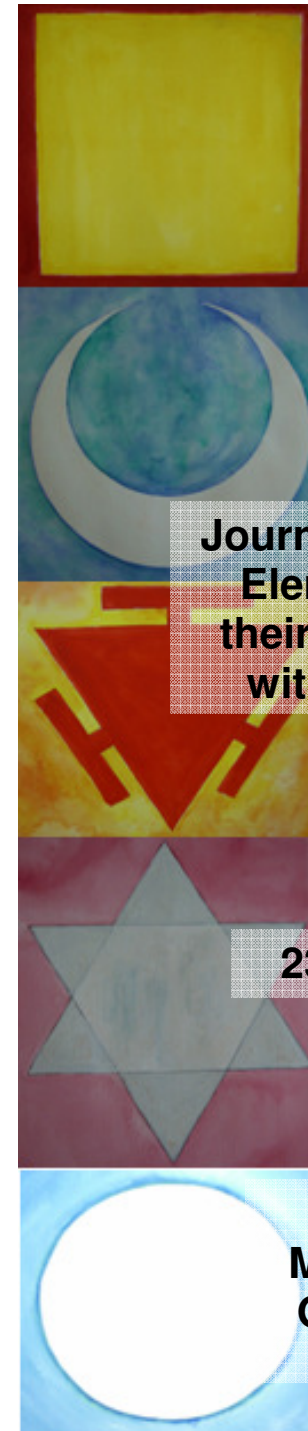


IYA CPD

Journey from the Gross Elements without to their subtle vibrations within - the GUNAS

23rd - 24th May

**with
Miriam Brady &
Gabi Gillessen**



Date: 23rd & 24th May 2009

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

Time: 9am - 6pm Saturday, 10am - 3pm
Sunday

Cost: €150 IYA members
€170 non members

Meals: Not included. Meal times have
been adjusted to facilitate the
programme. Please keep ALL
meals for this seminar light!

**To
Bring:** Blindfold and Pair of Ear Plugs!!

Proposed Weekend Programme:

Saturday:

9am - 11am Session 1 - **Earth**

11am - 12noon Brunch

12noon - 1.30pm Session 2 - **Philosophy of
Evolution**

1.30pm - 3.30pm Session 3 - **Water**

3.30pm - 4pm Tea Break

4pm - 6pm Session 4 - **Fire**

Sunday:

9am - 11am Session 5 - **Air**

11am - 11.30am Tea Break

11.30am - 1.30pm Session 6 - **Ether**

1.30pm Lunch

It is through the elements that we can
begin to see and appreciate the **union of
ALL life** on this Earth.

Like the page this is printed on is
connected to the tree that created the
lumber to make the paper, is connected
to the earth that sustained the tree, is
connected to the sun and the water that
fed the tree - **we are connected to a
larger web.**

As John Muir said 'When one tugs at a
single thing in nature, he finds it attached
to the rest of the world.'

It is our hope to take you on a **journey** of
self discovery - from your **experience** of
the gross elements of earth, water, fire,
air and ether around you, to recognizing
the more subtle, **inner vibrations**, that
manifest within our deeper natures.

Through the elements in the practice of
kriyas, mudras, bandhas, asana,
pranayama, relaxation and meditation, to
the play of the **Gunas** in our minds and
hearts!

Our bones, our tears, the warmth of our
blood, the air in our lungs, the space
(both inner & outer) we inhabit - these
are all expressions of and link us to the
elements.

**COME AND EXPLORE & ENJOY!!
This Workshop is open to ALL levels
of practice!**

About the Tutors:



Miriam Brady and **Gabi Gillessen** had
the privilege of presenting this workshop
in Zinal 2008, at the **European Union of
Yoga's** Annual Residential week. The
programme was very well received by all
participants, ranging from numerous
different countries, such as Portugal,
Germany, Belgium, France and not
forgetting our much appreciated support
from the Irish! Miriam and Gabi have
worked together on the **IYA Post
Graduate Course 2008** and are taking
a group to **India** in January 2009. They
have a very interactive, supporting and
complementary teaching style which
facilitates a deep level of exploration for
their students.

Miriam and Gabi would particularly like to
thank **Liz Moffatt** for her exceptional
artwork on the cover of the brochure!