

# IYA Yoga Deepening the Practice



## Would you like to deepen your practice and understanding of Yoga?

- Explore various Relaxation techniques
- Breath Awareness & Meditation
- Deepen your Posture Work
- Delve into Yoga Philosophy
- Understand your body through basic Anatomy.

Certificate of Attendance on completion of all 42hours from the Irish Yoga Association

Location: Dublin, Sept 2013 - March 2014

Venue: Raheny

Dates: 2013, 28th September, 19th October, 16th November, 14th December,  
2014, 25th January, 15th February, 8th March

Times: 9.30am – 4.30pm each Saturday

Cost: €60 per day or get a discounted rate for payment of full course

Deposit: €60 to secure a place

Contact: Helen Reidy (087-7921847), Joan McGreevy (087-4130191)