

YOGA

Deepening the Practice



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

- Learn how to sit for **Meditation**
- Explore various **Relaxation** techniques
 - Become more **Breath Aware**
 - Deepen your **Posture Work**
 - Delve into Yoga **Philosophy**
- Understand your body through basic **Anatomy**

Dates: Feb 8th, March 1st, April 12th, May 3rd, May 31st 2014

Times: 9.30am – 4.30pm each Saturday

Venue: Root to Light, Wood of O, Tullamore, Co. Offaly

Cost: €60 per day - discount for payments in 2 instalments

Certification: Certificate of Attendance - on completion of all 30hours - from the **Irish Yoga Association**

To find out more please contact:

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Helen: 087 7921847

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www.iya.ie

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