



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: One Saturday per month for 5 months – starting 31st January 2015

Times: 9.30am – 4.30pm each Saturday

Venue: St Columbanus Hall, Main Street, Howth, Co. Dublin

Cost: €60 per day, discount for payment of full course in 2 instalments

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

To find out more please contact:

Joan: 087 4130191

joan.mcgreevy@gmail.com

www.iya.ie