

OPENING to PERCEPTION

IYA CPD Workshop

with Helen Reidy

The theme of the EUY Congress in Zinal 2014 was Living Yoga. Based on 5 morning practices taught in Zinal last August, this workshop explores the wisdom of Patanjali through our daily practice.

LIVING YOGA
Tapas - Effort
Svadhya - Self Study
Ishvarapranidhana - Surrender

Yoga is a living philosophy and as such is meant to be experienced. A philosophy that is separate from everyday life is worthless. The insights gained through the study of Patanjali's Yoga Sutras and other sacred texts can be realised in daily life. Realisation in this context is the highest form of knowing - knowledge through experience.

WORKSHOP INCLUDES:

- Exploring our perception of basic asana
- Deepening our awareness through movement in our practice
- Brief assimilation of philosophical themes after lunch

Date: Saturday 13th June 2015

**Venue: The Quaker House Stocking Land, Rathfarnham,
Dublin 16**

Time: 9.30am - 4.30pm

Cost: €65

Bookings: Contact Monique 087 9033762