



Irish Yoga Association

in association with

Ritambhara Yogashala



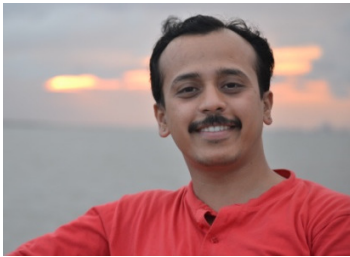
Presents a 4-day intensive practical philosophy workshop

Sthiram & Sukham:

An Exploration Through Sutra, Mantra & Asana

Friday 7th October – Monday 10th October 2016

With Dr. Vinayachandra BK, Dr. Anuradha Choudry & Gabi Gillissen



This Intensive will give participants a flavour of the work covered during our week long course held in India every two years.

Provisional Timetable:

Friday 7th October 2016

10h00 Philosophy
12h00 Tea Break
12h30 Sanskrit
13h30 Lunch
15h00 Philosophy
16h30 Short Break
16h45 Inversions
18h00 Dinner Break
19h30 Mantra

Saturday 8th & Sunday 9th 2016

07h00 Asana
08h30 Breakfast
10h00 Philosophy
Continued as Friday programme

Monday 10th October 2016

As above
Course ends after the
15h00 Philosophy session

Cost:

€200 for 4 days
€180 for 3 days
€140 for 2 days
€80 for 1 day

Early bird booking rates are also available.

To book please contact Gabi 086 3796776 or yogabi@roottolight.com