



The Irish Yoga Association invites you to:

A Day of Yoga

3rd December 2016

Experience sessions that were on offer at the IYA Residential Weekend in April. And spoil yourself to a much needed pre-Christmas nurturing day.

- **10am Meditation** followed by
- **Yoga Class** with **Marita Nicholson**

Building Awareness Using Drishti (focus) & the Bandhas to bring more awareness to your practice

- **1pm Lunch** Please bring a packed lunch
- **2pm The Fundamentals of Ayurveda** with **Carmel Barlow**

Looking at the basic principles of **Ayurveda** and how to incorporate these into our daily lives

Date: Saturday 3rd December

Time: 10am - 4.30pm

Cost: €50

Booking:

Gabi 086 3796776

Marita 087 6508185

Carmel 087 9355850

Root-to-Light Yoga Space



086 3796776

yogabi@roottolight.com