

TEACHER REFRESHER DAY

with **Bernie Connor**

February 20th 2016

A DEEPER LOOK AT JOINT STRUCTURES, LIGAMENTS & TENDONS

What is a tendon? What is a ligament?

We can often confuse the function of these two bands of connective tissues, but they perform different functions in our bodies.

Bernie 's practice will guide us to take a deeper look at the role of ligaments and tendons exploring and finding their boundaries at the major joint structures.

Date: February 20th 2016
Time: 9.30-5.00pm
Venue: Quaker Hall, Stocking Lane, Rathfarnham.
Equipment: 2 Mats (if you have them), 5 blocks,
2 wooden bricks, 2 belts, one or two
blankets.
Bring light lunch- tea and coffee available.



To Book:
Contact Miriam Brady
email: yogamb@yahoo.co.uk
Phone 087 65 45 631