

CHAIR YOGA

WITH PATTY ANDERSON

6 CPD POINTS

14th May 2016

Quaker House, Stocking Lane, Rathfarnham, Dublin 16.

9.30am - 4.30pm

THIS ONE DAY WORKSHOP WILL EXPLORE HOW ASANA CAN BE MODIFIED FOR A CHAIR BASED PRACTICE. PATTY WILL TEACH A FULL PROGRAMME INCLUDING CENTRING, LIMBERING UP, AND A FULL RANGE OF ADVANCED POSTURES AND ADAPTATIONS FOR THOSE WITH LIMITED MOBILITY. PATTY WILL ALSO COVER CHAIR YOGA FOR "A BUSY DAY" AND "YOGA FOR INSOMNIA". THE DAY WILL ALSO INCLUDE PRANAYAMA, MEDITATION AND RELAXATION.

€60 for IYA Members | €70 for Non-Members

*Equipment required for the day - mat, blanket, 2 cushions, blocks
Bring a packed lunch*



To Book Contact:
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