



# 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 7<sup>th</sup> October – Monday 10<sup>th</sup> 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 7<sup>th</sup> October 2016

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

#### Saturday 8<sup>th</sup> & Sunday 9<sup>th</sup> 2016

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

#### Monday 10<sup>th</sup> 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](mailto:yogabi@roottolight.com)