



YOGA

Deepening the Practice



Would you like to deepen your practice and understanding of Yoga?

- Learn how to sit for **Meditation**
- Explore various **Relaxation** techniques
 - Become more **Breath Aware**
 - Deepen your **Posture Work**
 - Delve into Yoga **Philosophy**
- Understand your body through basic **Anatomy**

Dates: One Saturday per month for 5 months – starting 14th January 2017

Times: 9.30am – 4.30pm each Saturday

Venue: St. Peter's School, Lucena Clinic, 59 Orwell Road, Rathgar, Dublin 6

Cost: €60 per day – discount for payment made in 1 instalment

Certification: Certificate of Attendance on completion of all 30 hours from the **Irish Yoga Association**

To find out more please contact:

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