



Exploring the Mindfulness aspect of Yoga Practice

Gabi Gillessen will explore how Mindfulness is an essential element of the Yoga tradition.

How do we control the thought waves of the mind?

Using Patanjali's Eight Limbs of Yoga we will systematically explore how each limb develops more and more subtle ways to harness our senses and gain control over our thoughts.

Date: 11th March 2017

Time: 9.30 – 4.30

Venue: Root-to-Light Yoga Space, Tullamore

Booking: Gabi 086 3796776

This event will count for 6 CPD hours