

Mantra Workshop with Colm Nolan



Colm will cover voice work and as this workshop is aimed at teachers, he promises to engage with mantra on a level not often experienced at workshops. This is a truly wonderful opportunity to explore the subject of mantra in a unique way. Colm will also offer guidance on how to integrate mantra into a yoga practice.

23rd September 2017

Springfield Hotel - Lexlip Co. Dublin

11.00am to 1.00pm

Cost: €25 including a light lunch

2 CPD Points