



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**
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Dates: 5 Sundays – Nov 11th, Dec 2nd 2018
Jan 20th, Feb 17th, March 24th 2019

Times: 9.30am – 4.30pm each Sunday

Venue: Essence of Yoga, 11 Eblana Avenue, Dun Laoghaire, Co Dublin

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

Certification: Certificate of Attendance on completion of all 30 hours from the Irish Yoga Association www.iya.ie

To find out more please contact:

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