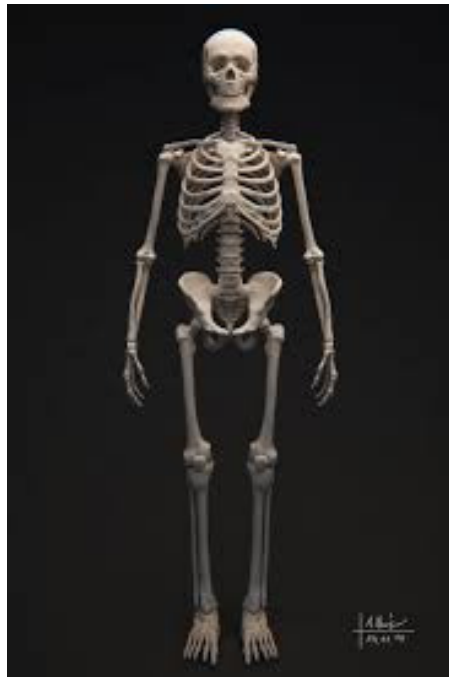


IYA CPD A&P



WITH BERNIE CONNOR



Morning:

Exploration of the Thoracic Region and Shoulder Girdle and their role in inversions.

Even if currently you do not get in to an inversion this practice will prepare and correct the use your structures that support an inversion.

Afternoon:

A Practice to re-set and re-generate your energy through your Endocrine Glands.

Date: Saturday February 24th 2018.

Time: 9.30-5 pm.

Cost: €65. IYA Trainees €45.

Venue: The Quaker House, Stocking Lane, Rathfarnham, Dublin 16.

Map available with booking.



Please bring the following equipment 1/2mats, 5 blocks, bricks, belts, and a bolster if you have one. Ensure you have enough equipment for Sarvangasana.

The venue is not close to shops so bring a light lunch and some to extra to share. Tea and coffee will be available.

To book a place please contact:

Miriam Brady

087 6545631