

## PRANAYAMA CPD WORKSHOP WITH CHRISTOPHE MOUZE

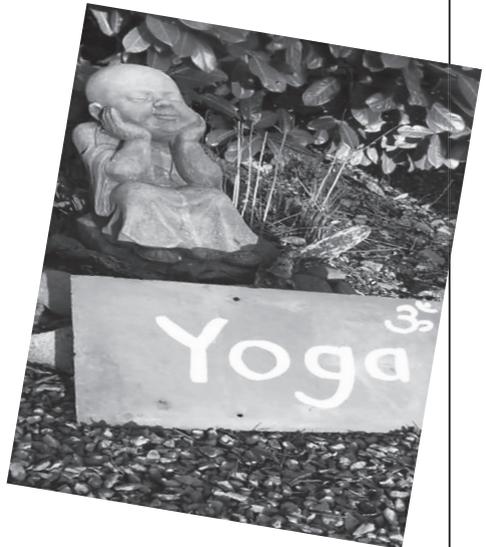
Christophe is returning in May 2018 to continue with our exploration of pranayama. His plan is to progress our personal practice with the addition of bandha and kumbhaka practices and explore different ideas around Ujjayi breathing.

### DUBLIN

Venue: Quaker House, Stocking Lane, Rathfarnham, Saturday May 19th

### TULLAMORE

Venue: Root to Light Space, Tullamore, Co Offaly Sunday May 20th



Directions: Supplied on booking.

Cost: €65 IYA members.  
€70 Non-members.  
€40 Trainees.

Time: 9.30-4.00pm.

Lunch: There are no facilities in the area so bring food on the day. Christophe recommends keeping lunch very light when practising pranayama e.g. bringing a light vegetarian salad or some fruit to share. There will be tea / coffee available.

Equipment: Mat, blocks, wooden bricks, blanket and layered clothing.

Booking: Miriam Brady: [yogamb@yahoo.co.uk](mailto:yogamb@yahoo.co.uk)