

# ATB 4

with **Aloka Marti**

## 1st–4th June 2018

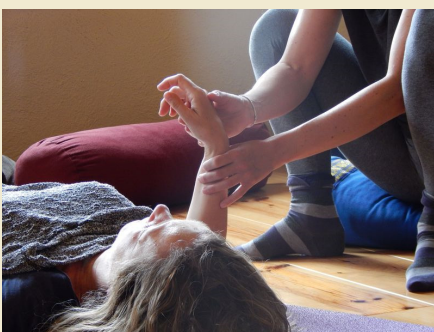


The new themes explored during these **four days** require deeper introspection and bring a deeper contact with oneself and with the world around. This workshop helps to integrate ATB further into oneself.

In addition to further develop the capacity for attention and concentration, we are going to give emphasis to the **exploration of the body** in all its dimensions: bones, articulations, muscles, tissues, organs, breathing, sensations and energy (the subtle part of the physical body) thus fostering integration in the being.

We will also explore in depth **Relaxation** and further expand **Form awareness**. There will be an introduction to the **musical structure analysis**, to develop conscious listening and to facilitate the use of music in ATB.

**Cost of weekend €240 and a deposit of €80 secures your place.**



For more information or to book a place  
please contact:

Gabi 086 3796776

yogabi@roottolight.com

www.iya.ie

