



Teacher Refresher Day

with Bernie O'Connor

(Theme of day to be decided. You won't be disappointed.)

As always Bernie's practice will guide us to take a deeper look at our body and ourselves.



- Date:** Saturday February 23rd 2019
- Venue:** Quaker Hall, Stocking Lane, Rathfarnham, Dublin 16
- Time:** 9.30am - 5.00pm
- Equipment:** 2 mats (if you have them), 5 blocks, 2 wooden bricks, 2 belts, one/two blankets.
- Cost:** €65 IYA members - €70 Non members
- Lunch** Bring light lunch - tea and coffee available.

Booking: Contact Miriam Brady

Email: yogamb@yahoo.co.uk

Phone: 087 654 5631.