



Irish Yoga Association

in association with

Ritambhara Yogashala



Presents a 4-day intensive practical philosophy workshop

The World of Prana:

An Exploration Through Sutra, Mantra & Asana

Friday 28th June – Monday 1st July 2019



With Dr Vinayachandra BK, Dr Anuradha Choudry and Gabi Gillessen

The Intensive will start on Friday 28th June at 10h00 and will conclude on Monday the 1st July at 15h00 and will include Philosophy, Sanskrit, Asana and Mantra.

Venue: Root-to-Light Yoga Space, Tullamore

Cost: €280 for 4 days, €220 for 3 days, €180 for 2 days, €110 for 1 day

Reduced rate available if a deposit of €80 (non refundable) is received before 28th March 2019

To book please contact Gabi 086 3796776 or yogabi@roottolight.com

