

YOGA TEACHER REFRESHER RESIDENTIAL

NOVEMBER
2019

Date:
Friday November 22nd to Sunday 24th 2019

Time:
6.00pm Dinner on Friday to Sunday 5.00pm

Venue:
Teach Bhride, Tullow, Co Carlow.

Cost:
€280

Equipment:
2 Mats, 5 Blocks, 2 wooden Bricks,
2 belts, bolsters and a blanket.



The Weekend will
include:

- Kriyas
- Bandhas
- Breakdown of Backbends
- Breakdown of Twists
- Breakdown of Inversions
- Application of Philosophical Concepts in Practice and Teaching
- Pranamaya
- Meditation
- Relaxation
- Fun!

BOOKINGS AVAILABLE NOW

For further details contact:

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