YOGA TEACHER REFRESHER RESIDENTIAL

_____ NOVEMBER _____ 2019

Date:

Friday November 22nd to Sunday 24th 2019

Time:

6.00pm Dinner on Friday to Sunday 5.00pm

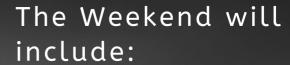
Venue:

Teach Bhride, Tullow, Co Carlow.

Cost: **€280**

Equipment:

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



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



