



Irish Yoga Association

in association with

Ritambhara Yogashala

Presents a 3-day intensive practical philosophy workshop



Antaranga Yoga

An Exploration Through Sutra, Mantra & Asana

The Yogasutra of Patanjali offers us a profound source of insight into the workings of our psyche. In addition to the philosophy of Yoga, it lays out a rich and detailed manual of pragmatic and practical wisdom that one can use for one's inner development. These insights and practices cover a whole range from external to internal. The internal forms the core teaching of the Yogasutras, called as Antaranga Yoga, which informs us about the inner faculties and their transformation. Pratyahara is that critical link that connects the exterior practices i.e. Bahiranga Yoga including Yama, Niyama, Asana and Pranayama with Antaranga Yoga. This 3 – day workshop intends to explore the components and practices of Antaranga Yoga starting with Pratyahara through Sutra, Mantra and Asana.



Friday 26th June – Sunday 28th June 2020

With Dr Vinayachandra BK, Dr Anuradha Choudry and Gabi Gillessen

The Intensive will start on Friday 26th June at 10h00 and will conclude on Sunday the 28th June at 18h00

Venue: Root-to-Light Yoga Space, Tullamore

Cost: €220 for 3 days, €180 for 2 days, €90 for 1 day

Reduced rate available if a deposit of €80 (non refundable) is received before 30th March 2020

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

