

**DIPLOMA COURSE in**

# **YOGA TEACHER TRAINING**

**Commencing:  
Sept 2023**

**Venue: Root to Light,  
Tullamore, Co. Offaly**



**Interested in  
furthering your  
knowledge of &  
skill in Yoga?**

***Then this  
course may be  
for you!***

**For Further  
Information  
Please Contact:  
[ttc@iya.ie](mailto:ttc@iya.ie)  
Or see our website  
[www.iya.ie](http://www.iya.ie)**



**Four-Year,  
Part-time Course  
includes:**

- Asana
- Pranayama
- Personal Development
- Meditation
- Anatomy & Physiology
- Relaxation
- Philosophy
- Group Dynamic
- Teaching Skills

**This Qualification is recognised by the  
EUROPEAN UNION of YOGA, offering you the  
unique opportunity to also teach abroad.**