

TEACHER REFRESHER DAY

with **Bernie Connor**

Saturday 25th February 2017

A DEEPER LOOK AT JOINT STRUCTURES, LIGAMENTS & TENDONS

The day will focus on the exploration of Ashwini Mudra while maintaining a focus on the spine as the central axis of asanas.

- Date: February 25th 2017
Time: 9.30-5.00pm
Venue: Quaker Hall, Stocking Lane, Rathfarnham.
Lunch: Light Lunch. -Tea/Coffee provided.
Equipment: 2 Mats (if you have them), 5 blocks,
2 wooden bricks, 2 belts, one or two
blankets.



To Book:
Contact Miriam Brady
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