

# PRANAYAMA WORKSHOP

with CHRISTOPHE MOUZE

May 2017

We are delighted to have Christophe Mouze return to give a Pranayama Workshop in May both in Dublin and Galway.

## Saturday 6th May –Dublin

Lucena Clinic, St Peter's School, 59, Orwell Road, Rathgar, Dublin 6.  
Booking: Monique Walsh – [moniquew@eircom.net](mailto:moniquew@eircom.net)

## Sunday May 7th – Galway

An Seomra Yoga, 2/3, Small Crane Square, Sea Road, Galway.  
Booking: Martina McGee – [martinamcgee2@yahoo.com](mailto:martinamcgee2@yahoo.com).

**Directions:** Supplied on booking.

**Cost:** €65 IYA members;  
€70 non-members.

**Time:** 9.30am – 4.00pm

**Lunch:** Only tea/coffee facilities are available.  
Christophe recommends keeping lunch very light when practicing pranayama, e.g. bringing a light vegetarian salad or some fruit to share.

**Equipment:** Mat, blocks, wooden blocks, blanket and layered clothing.

