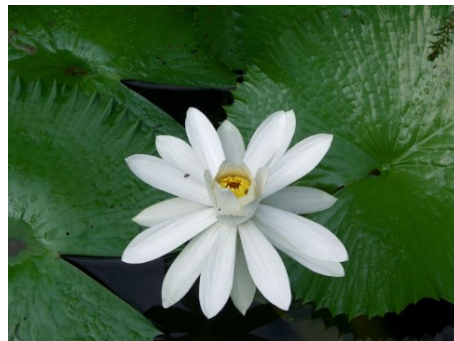




YOGA

Deepening the Practice



Would you like to deepen your practice and understanding of Yoga?

- Learn how to sit for **Meditation**
- Explore various **Relaxation** techniques
 - Become more **Breath Aware**
 - Deepen your **Posture Work**
 - Delve into Yoga **Philosophy**
- Understand your body through basic **Anatomy**
-

Dates: 5 Sundays - Feb 4th, March 4th & 25th, April 22nd, May 20th 2018.

Times: 9.30am – 4.30pm each Sunday

Venue: Bray Counselling & Therapy Centre, 9 Brennan's Terrace, Bray Seafront, Bray, Co. Wicklow

Cost: €60 per day - discount for payment in 1 instalment

Certification: Certificate of Attendance on completion of all 30 hours from the Irish Yoga Association www.iya.ie

To find out more please contact:

Bernie Connor bernadette1@eircom.net 086 1608270
Aileen Gannon aileen_gannon@yahoo.co.uk 087 9984397