

# Awareness Through the Body 5



Facilitated by **Aloka Marti**

**Date:** 31st May—3rd June 2019

**Venue:** Root-to-Light Yoga Space, Tullamore

**Cost:** €280 this is a reduced rate which is available when €80 non-refundable deposit is received before 28th February 2019

**Cost:** €320 after 28th February 2019

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**This Workshop is open to ALL.  
There is no requirement for you  
to have participated in ATB  
before!**

**ATB 5** lasts four days. Its main objective is to facilitate a more intimate contact with oneself, with the deepest centre of the being, thus offering space for a further harmonisation and alignment of the being.

We will explore Evolution as Evolution of consciousness. We will re-discover the evolution movements present in our body, feeling the energy and emotions each evolutionary stage involves and observing the evolution of mind in each one of these phases

Earth, Water, Fire, Air and Ether. The participants will explore the presence of these Elements in their being and the world around them. Becoming more aware of the interaction between the Elements and the being helps to induce a deeper harmonisation in the being.



Irish Yoga Association

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