



Yoga

Deepening The Practice

A Five Day Course to Deepen Your Yoga Practice.

In this course you will:

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

Along with deepening your own practice this course can be a wonderful stepping stone to teacher training with the IYA.

Course Details

Dates: 8th February, 1st March, 29th March, 13th April, 17th May

Time: 9.30am - 4.30p m

Location: Croi Anu, Moone, Co. Kildare, R14YE67

How to Book

To find out more and book your place on this course call Daisy McCann 086 4141113 or Sacha Johnston 0872419667

EARLY BOOKING SPECIAL OFFER!

Book before February 1st and avail of the early offer of €350. Bookings made after this date will be €400.

Also available is a Daily fee of €85.