

Yoga



Be Trauma Informed

Be Trauma Informed: A day of yoga with two workshops:

- Gain awareness of students who may be holding trauma
- Learn yoga practices to help students find release
- The importance of relaxation when dealing with trauma
- Positioning the body for current need.

Morning Workshop
with Jeanette Sherlock
Releasing trauma with Yoga

Afternoon Workshop
with Gabi Gillessen
The importance of relaxation
when dealing with trauma

Date

Sat 15th February 2025.

Time

10.30am - 4.30pm.

Location

Root to Light Yoga Space,
Tullamore, Co. Offaly.

Accreditation

IYA members will receive 5
hours CPD for this event.

Booking

See below link for **BOOKING FORM**
Event Coordinator Ann Marie Lazenby
085-7209010.

Cost

IYA Member Discounted Early Booking
(book by 05/02/25): €70.
IYA Member: €85. Non Member: €95.
All payments are non-refundable.

[Click here for
BOOKING FORM...](#)

[Click here for
LOCATION...](#)

[Click here for
WEBSITE...](#)