



Teacher Refresher Day

with Bernie O'Connor

(Theme of day to be decided. You won't be disappointed.)
As always Bernie's practice will guide us to take a deeper look at our body and ourselves.



Teacher Refresher Day with Bernie Connor.

Date: Saturday February 22nd 2020.

Venue: Quaker Hall, Stocking Lane, Rathfarnham, Dublin 16.

Time: 9.30am -5.00pm

Equipment: 2 mats (if you have them),

5 blocks, 2 wooden bricks,

2 belts, one/two blankets.

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

€40 IYA Trainees.

Lunch: Bring light lunch – tea and coffee available.

Booking: Contact Miriam Brady

Email: yogamb@yahoo.co.uk

Phone: 087 654 5631.