

DIPLOMA COURSE in

YOGA TEACHER TRAINING

**Commencing:
Sept 2023**

**Venue: Root to Light,
Tullamore, Co. Offaly**



**Interested in
furthering your
knowledge of &
skill in Yoga?**

***Then this
course may be
for you!***

**For Further
Information**

Please Contact:

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087 241 9667

Or see our website

www.iva.ie



**Four-Year,
Part-time Course
includes:**

- Asana
- Pranayama
- Personal Development
- Meditation
- Anatomy & Physiology
- Relaxation
- Philosophy
- Group Dynamic
- Teaching Skills

**This Qualification is recognised by the
EUROPEAN UNION of YOGA, offering you the
unique opportunity to also teach abroad.**