



Deepening the Practice



Time for yourself immersed in Yoga

A series of 6 hour workshops held on 5 Sundays in 2023

Every Sunday includes:

Posture Work **Meditation** **Relaxation** **Breath Awareness,**
Yoga Philosophy **Anatomy**

Two tutors who can accommodate you no matter what your experience of yoga,
beginners are welcome.

Cost: €325 (or €75 per day)

Dates: March 5th & 26th, April 16, May 7th & 21st.

Times: 9.30am – 4.30pm each Sunday

Venue: Shanti Holistic Yoga Studio, Patrick's Court, Patrick's Street, Tullamore, Co Offaly.

To find out more please contact course tutors:

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