

IYA Concentration Workshop

Developing awareness. Suitable for practitioners and teachers exploring techniques and teaching methods.

Date: Sun 28 May 2023

Time: 9.30 am to 4.30 pm

Venue: Root-to-Light Yoga Space,
Wood Of O, Tullamore, Co. Offaly, R35X0H3

Booking:

Gabi Gillessen 086 379 6776 yogabi@roottolight.com

Developing the capacity for attention and concentration while enhancing the ability for self-awareness.

- Cultivate the witness attitude: A positioning of our attention that watches and witnesses all the movements in our being, without judging or analysing.
- Enhance concentration and focus, and the capacity for being present.
- The action or power of focusing all one's attention.

Cost:

IYA members: €70 if book by 30th April, €85 after 30th April,

Non IYA members: €95

Payment:

Bank of Ireland, College Green, Dublin 2 in favour of Irish Yoga Association and add your name as reference.

BIC: BOFIIIE2D

IBAN: IE14 BOFI 9000 1794 2494 12

