



Irish member of the
European Union of Yoga

Workshop & AGM

Saturday 30th September

“Exploring The Way Of The Heart Through Yoga Practice”

Taught by Aoife Lydon. She will share an extract from the classes she is teaching at the European Union of Yoga Congress in Zinal, Switzerland. A practice of asana, pranayama, concentration, and Yoga Nidra. Utilising our Yoga practice to deeply connect with our true nature.

Location:

**The Courtyard Hotel,
Leixlip, Co. Kildare**

Admission:

**Workshop
(members 30 euro,
non-members 35 euro)**

Registration Opens:

10.30am

Morning Workshop:

11am - 1pm (2 CPD hours available)

Lunch :

1pm (optional extra cost)

AGM:

2pm - 4pm (2 CPD hours available)

Graduation Ceremony:

5pm (TTC '20 - '23 Class)



Bank of Ireland, College Green, Dublin 2 in favour of Irish Yoga Association
IBAN: IE14 BOFI 9000 1794 2494 12 BIC: BOFIE2D