



Gorey
Workshop
Event
with
Daisy McCann
& **Liz Moffatt**

Deepening The Practice

**14th, 28th January,
11th, 25th February, 24th March**

About the Workshop

A series of 6-hour workshops - Perfect for anyone who enjoys a regular yoga class and is curious to learn more about yoga. Deepen your practice through posture work, meditation, relaxation, breath awareness, anatomy and yoga philosophy.

Dates

14th & 28th January, 11th & 25th February,
3rd March

Times

9.30am - 4.30pm
each Sunday

Costs

€325 (or €75 per day)

Location

Gorey, Wexford

How to Book

To find out more or to book please contact course tutors:
Daisy McCann 086 4141113 or Liz Moffatt 087 7866202