



Irish member of the
European Union of Yoga

Rathfarnham Workshop Event

with

**Aileen Gannon
& Miriam Brady**

Deepening The Practice

**March 3rd & 24th,
April 14th, May 5th & 26th**

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

March 3rd & 24th,
April 14th, May 5th & 26th

Costs

€325 (or €75 per day)

Times

9.30am - 4.30pm
each Sunday

Location

Rathfarham, Dublin. Eircode: D14 E803

How to Book

To find out more or to book please contact course tutors:
Aileen Gannon 087 998 4397 or Miriam Brady 087 654 5631

*“I found extended time on postures
combined with anatomy really helped
my understanding of yoga”*

www.iya.ie