

## **IYA CPD Training in Pregnancy Yoga with Aoife Lydon**

If you would like to teach yoga for pregnancy or improve your skills in teaching yoga during pregnancy this is your opportunity to gain the skills required.



The training day will include:

Teaching Pregnancy Yoga

Breath work for Pregnancy and Birth

Relaxation in Pregnancy

Postures and Sequences

Pregnancy Contraindications

Date: Saturday 14<sup>th</sup> March 2015 9.30am – 4.30pm

Venue: Root to Light, Tullamore, Co Offaly

Cost: €65

Bookings: Contact Monique 087 9033762