



IYA CPD Event

Awareness Through the Body 1

ATB aims to assist individuals in developing the capacity for attention, concentration and relaxation, cultivating the ability to notice what one is experiencing. It offers a space to enhance introspection so that we may become aware of the different planes that form our being and have the possibility to enter in contact with our wider sense of self. The exercises and games are creative and often fun.

Date:

28th & 29th November
2015

Venue: Root-to-Light
Yoga Space, Tullamore,
Co. Offaly

Cost: €120

Bookings:

Monique Walsh
087 9033762
www.iya.ie
www.roottolight.com



About Karin van der Plas:

On my first visit to Auroville I was happily surprised to hear about ATB being taught in Transition School. On that trip I could only attend for 2 hours but already I was hooked for life! Many trips to Auroville followed and I was fortunate enough to live there for 2 years and be trained by Aloka & Joan. To me ATB is a never ending voyage of stepping fully into yourself. It is the perfect mix of stillness and play, unveiling and relaxation.