



Irish Yoga Association

in association with

Ritambhara Yogashala



Presents a 4-day intensive practical philosophy workshop

Astanga Yoga:

An Exploration Through Sutra, Mantra & Asana

Friday 29th June – Monday 2nd July 2018

With Dr. Vinayachandra BK, Dr. Anuradha Choudry & Gabi Gillessen



This Intensive will give participants a flavour of the work covered during our week long course held in India every two years.

Provisional Timetable:

Friday 29th June 2018

10h00 Philosophy
12h00 Tea Break
12h30 Sanskrit
13h30 Lunch
15h00 Philosophy
16h30 Short Break
16h45 Inversions
18h00 Dinner Break
19h30 Mantra

Saturday 30th & Sunday 1st 2018

07h00 Asana
08h30 Breakfast
10h00 Philosophy
Continued as Friday programme

Monday 2nd July 2018

As above
Course ends after the
15h00 Philosophy session

Cost:

€240 for 4 days
€200 for 3 days
€160 for 2 days
€120 for 1 day

A non-refundable deposit of €80 will secure your place.

To book please contact Gabi 086 3796776 or yogabi@roottolight.com