

Activating the Breath in Asana

With

Roy Griffin

This workshop is ideally suited to students who have an interest in understanding of the breath and how it can be used in yoga practice. The day will begin with activating the breath and progresses to a strong asana practice where the students will be taken through a class and shown how the breath can guide them in their practice.

The student can expect personal attention and individual adjustments. The session will include a Yoga Class, Pranayama practice, guided meditation, yoga Nidra {Relaxation} and a discussion on Subtle Anatomy and what it means to activate the breath.

Roy Griffin is an experienced yoga teacher having spent many years studying, practising and teaching yoga. Roy is the director of Yoga Therapy & Training Centre {YTTC}, Ireland's largest Yoga Training Organisation running training courses throughout the island of Ireland. Roy has spent many years successfully running teacher training courses and developing training programs that follow the path of the Eight Limbs of Yoga.

"Roy's style of teaching is intuitive and fun with a strong focus on developing the more subtle practice within asana work"

Date: Saturday 2nd October 2010

Venue: YTTC Dublin, 22 South William Street, Dublin

Time: 10.00 am - 4.00 pm

Cost: €60.00

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reserve your place please complete and return this booking slip with full
payment to YTTC, 22 South William Street, Dublin 2 or contact 059 645180,
roy@yogaireland.com

Name-----

Address-----

Tel. No.----- Email-----

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