

Introduction to Chakra Yoga Workshop

With Roy Griffin

We are delighted to offer you the opportunity to explore the Chakras in a fun and assessable way.

This workshop is ideally suited to students who have an interest in developing a practical understanding of the Chakras and how they can be applied to asana. The emphasis will be on opening the energy channels, whilst building strength and gaining flexibility. The student can expect personal attention and individual adjustments. The session will include a Yoga class, Pranayama, guided meditation, Yoga Nidra {Relaxation} and a discussion on Subtle Anatomy and the Chakras.

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 providing 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 12th September 2010

Venue: YTTC Dublin, 22 South William Street, Dublin

Time: 10.00 am - 4.00 pm

Cost: €60.00

To 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-----

Ref: Chakra Workshop