

A Yoga Foundation Course Level One

With **Roy Griffin**

20 Week Introductory Course

This course is ideal for yoga students who wish to go deeper in to the subject of Yoga and improve their personal level of practice. The course is delivered in a relaxed and friendly manner in which the students are encouraged to contribute.

Aims and Objectives:

1. To introduce the student to the fundamental practices within asana, pranayama, meditation, yoga Nidra {Relaxation} and philosophy.
2. To provide the foundation on which the student can develop and evolve their Knowledge of Yoga.
3. To provide students with the understanding, skills and attitude to practice Yoga safely and confidently

Tutor:

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

Start Dates: Tuesday 14th September 2010 to 8th February 2011
& Tuesday 15th February 2011 to 28th June

Venue: YTTC Dublin, 22 South William Street, Dublin 2

Time: 6.00 pm - 9.00 pm

Cost: €555.00 (€150 deposit + 4 instalments of €100)

To reserve your place please complete and return this booking slip with a €150 booking deposit. The remaining fees are to be paid over 4 instalments of €100 per month. The first instalment is due the first evening. YTTC, 22 South William Street, Dublin 2 or contact Roy on 059 645180, roy@yogaireland.com

Name-----Address-----

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

Ref: Yoga Foundation Course