A Yoga Foundation Course Level Two

With Roy Griffin

20 Week Intermediate Course

This course provides the student with the knowledge and tools to develop a strong inner practice. With beginners we start from the inside out, as we progress in our understanding of yoga, we work from the inside out. This is an excellent course for anyone who has caught the yoga bug and wishes to go on a yoga journey.

Aims and Objectives:

1. To deepen the understanding of the fundamental practices within asana, pranayama, meditation, yoga Nidra {Relaxation} and philosophy.
2. To deepen the understanding of the key principles within asana.
3. To develop an awareness of how to activate the breath.
4. To develop an understanding of a variety of yogic meditations & Nidras
5. To introduce the the chakra system, bandhas and mudras
6. To explore yogic philosophy further.

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: Wednesday 15th September 2010 to 9th February 2011
& Tuesday 16th February 2011 to 29th June

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

Time: 6.00 pm – 9.00 pm

Cost: €550.00 (€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