

Gillian Mooney

at Greystones Yoga Studio

Gillian Mooney comes to Greystones Yoga Studio on Saturday, 23rd April to host a 1 day workshop. Gillian is one of a small number of Ashtanga yoga teachers worldwide to have received the official Level 2 Authorisation to teach from the Shri K. Pattabhi Jois Ashtanga Yoga Institute in Mysore, India. She is the only teacher in Ireland qualified to teach both the Primary and Intermediate series.

Sat April 23rd
Led Primary Class:
10.30am-12.30pm

This class will be a Counted Led Primary class with hands on adjustments and guidance, providing concrete information and tools as to how to flow through the primary series moving from one posture to another working with the correct vinyasa (co-ordinated breath with movement) count.

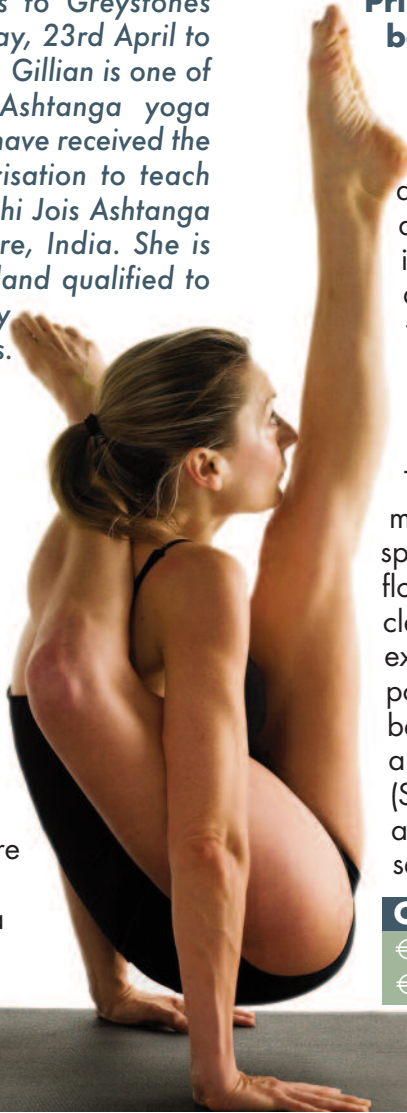
Principles of Back bending Workshop:
2.30pm - 4.30pm

This workshop will focus on the key principles of deep back bending which are available through the integration of healthy alignment techniques and the development of stamina to stay through the intensity of deep stretches.

The dynamic movement mechanics of bending your spine are the key to limitless flows of energy and in this class you will begin to explore your natural potential for deep back bends with safety, support and enthusiasm. (Suitable for both Primary and Intermediate series practitioners.)

Cost:

€50 for both sessions
€35 for one session



To book

email: info@greystonesyoga.ie

call: 086 8542741

Hillside Rd, Greystones, Co. Wicklow | www.greystonesyoga.ie

