

Iyengar Yoga



Content

Iyengar yoga is excellent for building flexibility and abdominal strength. The tutor will instruct in a series of poses gradually improving stamina and relaxation. Iyengar yoga concentrates on attaining good body alignment through meditation as well as the physical discipline brought by the practice of Iyengar yoga.

Teaching methodologies

Teaching methodologies include:

- Mat work
- Meditation
- Stretching techniques

Features of the course

- Programme delivered by an experienced Iyengar yoga practitioner

Entry Requirements

Applications are invited from the following:

- Applicants with an interest in improving health and wellbeing.

Advisory notices as follows:

- Not suitable for expectant mothers
- Not suitable for individuals with back complaints

Contact

Mary Leonard
Iyengar Yoga Tutor
e. mary.leonard@libertiescollege.ie



Iyengar Yoga



Fees

Autumn Term				
Course Title	Award	Fee	Duration	Payment Code
Iyengar Yoga	None	110 Euro	10hrs	Autumn - EYOGA
Spring Term				
Iyengar Yoga	None	110 Euro	10hrs	Spring - EYOGS

Timetable 2011 - 2012

Year 1			
Autumn Term			
Day	Time	Start Date	Finish Date
Wednesday	7pm to 8.15pm	Wed. 28th September 2011	Wed. 7th December 2011
Spring Term			
Wednesday	7pm to 8.15pm	Wed. 1st February 2012	Wed. 25th April 2012

Enrolment

Term	Time	Date	Fee Regulations	
Autumn 2011	6pm to 8pm	Mon. 12th Sep. 2011	<ul style="list-style-type: none"> Fees to be made payable by cheque or postal order made out to the City of Dublin VEC. All fees must be paid at the time of enrolment. Under no circumstances will fees be accepted in installments. Fees will not be refunded except where class does not form. Minimum class size of 7 students. Receipt/payment ticket must be shown to the teacher at the first class. CE scheme invoices will be issued on receipt of an invoice request form. Please see link; http://www.nightcourses.com/upload/schemeinvoicerequestform.pdf 	
	6pm to 8pm	Wed. 14th Sep. 2011		
	6pm to 7.15pm	Mon. 19th Sep. 2011		
	6pm to 7.15pm	Wed. 21st Sep. 2011		
Spring 2012	6pm to 8pm	Mon. 16th Jan. 2012		
	6pm to 8pm	Wed. 18th Jan. 2012		
	6pm to 6.45pm	Mon. 23rd Jan. 2012		
	6pm to 6.45pm	Wed. 25th Jan. 2012		
Venue				
Liberties College Bull Alley Street Dublin 8 t. +353 (0)1 454 0044				