

Introduction to Meditation & Yoga



Course Venue: The Red Gates, Killeen, Corofin

Course Details: Commencing Tuesday February 3rd, 2015 from 7pm to 9pm, for four weeks, every Tuesday

Course Cost: €60 payable on the opening class, includes refreshments.

Course Description: This introductory course on the meditative side of Yoga, will provide with you with a scientific technique of meditation to assist you in calming your mind, and attaining a state of joyful inner stillness. You will learn how to recharge the body with vital energy, and how to deeply relax both the body and mind. Affirmations, healing techniques, meditative visualisations and practical lessons all form a part of this enjoyable course.

For further information and to reserve a place please [contact Tony \(Sananda\)](#) on 087 3900393