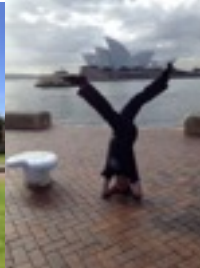


We are delighted to welcome back

Garth McLean

to teach a weekend workshop
at the Dublin Yoga Centre, 265 Crumlin Rd., Dublin 12
on

Friday 17th June 2016 [4.00-6.00pm] & [6.30-8.30pm]
Saturday 18th June 2016 [10am-1.00pm] & [2.00-4.00pm]
Sunday 19th June 2016 [10am-12.30pm] & [1.30-3.30pm]



Garth is an Intermediate Senior 3 Iyengar yoga teacher based in Los Angeles, who was diagnosed with multiple sclerosis in 1996. Since then he has successfully used the practice of Iyengar yoga to manage his condition and stay in remission. Garth shares the gift of Iyengar yoga around the world and is a truly inspirational teacher for both 'regular' students and those with MS or other neurological conditions. He maintains that "... the practice of Iyengar Yoga is accessible to all. The beauty is it can be adapted to suit whatever condition the student may be facing at whatever level of ability".

B.K.S. Iyengar's advice to Garth was "Every day you must walk that fine line between courage and caution" and "Work slowly and exercise patience"

The weekend will be a general workshop open to all, with the 4.00-6.00pm session on Friday focussing more specifically on the needs of students with MS (or related neurological conditions) and teachers. Students with MS are very welcome to attend the whole weekend and asanas will be adapted accordingly for people with challenges.

Cost: €25 (€15 unwaged) for 2hr session; €35 (€25 unwaged) for 2.5hr session; €40 (€30 unwaged) for 3hr session. €150 (€100 unwaged) for whole weekend.

To book, contact Aisling Guirke [Tel. 087 2891664 or email aisling_guirke@hotmail.com]