

Holiday Workshops 2009

Embrace Your Power, Refine your Intentions and Experience Shri
€40 each/or all three €110 paid in full before 15 December

A Goddess Holiday Affair



Tired of turkey, relatives and late nights?
Want to feel better through the holidays as
the New Year approaches ??
Then join us in a our 2nd annual Hatha
Holiday yoga festivity. Your instructor
Tahnee will lead you through a voyage of
fundamentals, reflections and new
beginnings using the Triad of Goddess to
help you ease the transition into 2010.

Please bring a journal, pen and mala to
workshop.

Workshop Dates

When...

Embrace Your Power
10:00am-1:00pm
December 28

Goddess Kali is both beginnings and endings; she is the raw power that is
eternal energy. By using the Universal Principles of Alignment from
Anusara Yoga, learn to tap into this flow of energy. Expect to expand fully
using your raw power leaving you feeling stronger and invigorated.

Refine your Intention
10:00am-1:00pm
December 29

Saraswati is the goddess of refinement; she is the fundamentals of which
everything begins and arises from. Refine your practice from the foundation
up, re-set your intention and clear out what you don't need to embrace the
New Year.

Experience Shri
10:00am-1:00pm
December 30

Lakshmi is the expression of beauty and the abundance of life. Embody
divine beauty on the mat in this uplifting practice; celebrate your
achievements as you reflect back on 2009, prepare for the future while
experiencing Shri (auspicious beauty) in the present moment

Tahnee Fournier, RYT is known for her enthusiasm and inspiring attitude as a yoga teacher with her classes
being challenging, playful and dynamic. She has 10 years experience in Anusara yoga and leads classes and
workshops around Ireland. Tahnee delights in encouraging her students to discover the possibilities within
them through the transformational power of Anusara yoga. www.tahneesyogospace.com

For full details of our workshops, please visit our website! www.yogadublin.com

Yoga Dublin Studios, Balally Luas station, Dundrum, Dublin 14 (01) 498 2284/298 0300

