



Dance Theatre of Ireland Centre for Dance

VINYASA FLOW YOGA

Thursdays 10.00-11.15am

Vinyasa Yoga is also known as Flow Yoga because of the smooth way that the poses run together and become like a dance. If you are looking for stretching, but quicker moving through poses, this is for you. This style allows for a lot of variety, but usually includes Sun Salutations, the Plank and the Cat-Cow stretch, all movement done with the breath. Vinyasa means "breath-synchronized movement". Expect movement, not just stretching. Vinyasa is a great stress-releasing approach to movement for the mind and body.

With Dani Sheil.

10 weeks €90



To Register:

Email us at info@dancetheatreireland.com
or call us on 280 3455

Or Print out and fill in our Registration Form
(on the *Classes Page*) and return with your
fee (cheque or postal order)

Or drop into our studio to register & pay in
person

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