



# Yoga for teachers and SNAs

**(10 WEEK YOGA COURSE)**

**COMMENCEMENT DATE: TUESDAY SEPTEMBER 18TH**

**TUTOR: RUTH TOWEY**

**VENUE: Sligo Education Centre**

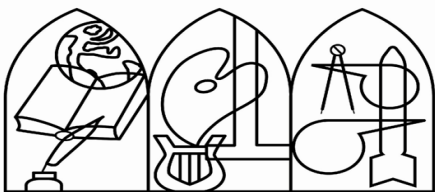
**TIME: 7.00pm-8.00pm**

**This is an alignment based Hatha Yoga class combining mindful movement with the breath. Build strength and flexibility while taking the time to de-stress, centre, ground and focus. Each class will consist of a series of yoga poses followed by a guided relaxation.**

**Teachers will gain first hand experience of yoga and breath practices which can help to manage stress. These practices can be brought into the classroom to help bring students into the present moment which is essential for learning.**

- **Suitable for all abilities**
- **Bring a mat and wear comfortable clothing**
- **Spaces limited to 10 participants**

***Register online [www.ecsligocourses.com](http://www.ecsligocourses.com) Fee: €80***



**Sligo Education Centre  
IT Campus, Ballinode, Sligo  
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