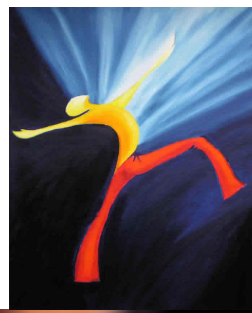


yogatherapy
ireland



THE PRINCIPLES & PRACTICE OF YOGA IN HEALTHCARE CONFERENCE 2023

May 13th & 14th 2023
DCU - St Patrick's Campus, Drumcondra, Dublin

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Welcome Message

Yoga Therapy Ireland is delighted to present the first ever International Yoga Conference to be held in Ireland, **The Principles and Practice of Yoga in Healthcare 2023**. It is a true pleasure to welcome each and everyone of you to this pioneering weekend.



Maureen Nightingale
*General Manager &
Founding Member of YTI*

Since our foundation in 2000, YTI has provided professional training for over 800 yoga teachers and therapists nationwide, who offer general and specialised yoga classes throughout Ireland. Our ethos is to ensure that our graduates are competent to teach all aspects of yoga safely including breathing techniques, physical postures, relaxation, meditation and mindfulness. Many of our teachers gain further specialisations, providing high-quality teaching in Prenatal & Postnatal Yoga, Yoga in Sports, Yoga for Children, Teens and Special Needs. Our emphasis on the therapeutic aspects of yoga is forefront in all our teaching and training, with many of our teachers specialising in Yoga Therapy.

This weekend, we are honoured to host some of the most renowned international speakers in the field of yoga, yoga therapy and its role in healthcare. We will also hear from many Irish experts on Lifestyle, Integrative Medicine, Psychology, Yoga and Yoga Therapy in Healthcare in Ireland. I would like to thank all our speakers for their support, time and generosity in sharing their expertise with us.

On behalf of YTI, I wish to recognise the work and dedication of the many yoga teachers that have paved the way over the past 20 years. Thank you to the team at YTI and especially our conference team for their hard work in bringing this weekend to you. I hope that the weekend provides you with an opportunity to explore and learn about the principles and practice of yoga in healthcare and how yoga can become a valued part of Ireland's healthcare system.



'Be the change
you want to see'

- Mahatma Gandhi

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Conference Background

People who have experienced yoga first-hand will no doubt attest to its many benefits. This ancient practice can help and support people through the various stages and challenges of life. As our western society evolves, so too does the incidence of diseases related to lifestyle, many of which are a huge burden on society and over-stretched medical systems.

Yoga is well-positioned to be part of the solution to empower people to take a more active role in their health and well-being. Research has shown yoga's ability to manage stress, as well as physical and mental health, by using physical postures and movement, breathing techniques, relaxation practices, meditation, and mindfulness.

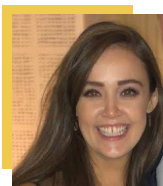
In August 2022, the seeds for this first international conference were sown and through the work of YTI's conference team, we are honoured to share the experience of Irish and International experts with you. Over the two-day conference we will explore Yoga and Research, Lifestyle as Medicine, Integrative Medicine, Yoga on Prescription, Yoga Therapy, Yoga for Ageing Populations, Prenatal Care, Cancer Care, Stages of Menopause, Mental Health, and Children's Wellbeing.

We hope that this conference will create an opportunity for the yoga world and the medical world to come together, learn from each other's expertise, explore shared interests, and forge ahead the path for Yoga in Healthcare in Ireland.

Conference Team:



Maureen
Nightingale



Aoife
Walsh



Martina
Meegan

THE PRINCIPLES & PRACTICE OF YOGA IN HEALTHCARE

Our Speakers



Dr Sat Bir Singh
Khalsa



Paul Fox



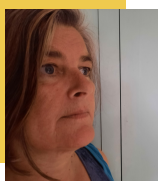
Dr Mark Rowe



Elma Toland



Dr Karen Ward



Connie Walsh



Niamh Daly



Caitríona
Cosgrove



Dr Lisa Corrigan



Anne-Marie
McGlinchey



Dr Pádraic
Dunne



Dr Donn
Brennan



Professor
Holger Cramer



Dr Sat Bir Singh Khalsa

Sat Bir Singh Khalsa, Ph.D., Associate Professor of Medicine at Harvard Medical School, Director of Yoga Research at Yoga Alliance, Director of Research at Kundalini Research Institute, Editor-in-Chief at International Journal of Yoga Therapy

Dr Sat Bir Singh Khalsa has conducted research on yoga for physical and psychological health since 2001 and is a practitioner and instructor of Kundalini Yoga as taught by Yogi Bhajan since 1971. He is Research Director for the Kundalini Research Institute and the Kripalu Center for Yoga and Health, and an Assistant Professor of Medicine at Harvard Medical School. His research trials have evaluated yoga as a treatment for insomnia, chronic stress, anxiety spectrum disorders and mental health in schools. Dr Khalsa works with the International Association of Yoga Therapists promoting yoga research, as scientific director for the annual Symposium on Yoga Research and Editor-in-Chief of the International Journal of Yoga Therapy. He is the author of the Harvard Medical School eBook *Your Brain on Yoga*, and the chief editor of the medical textbook *The Principles and Practice of Yoga in Health Care*.

Saturday 10:00 am

The Scientific Rationale and Research Evidence for Yoga and Yoga Therapy and its Relevance to Public Health

Delegates will understand the breadth and depth of yoga practice in modern society including the biomedical mechanisms underlying the efficacy of yoga and yoga therapy. They will understand the evidence for the application and efficacy of yoga in special populations of the general public such as schools and workplaces that illustrate its potential benefits for health maintenance, prevention and wellbeing.

Sunday 11:15 am

Yoga and Yoga Therapy: Relevance and Research Evidence for the Prevention and Treatment of Noncommunicable Diseases and its Implementation into Healthcare and Modern Medicine

Delegates will understand the burden of chronic lifestyle-related non-communicable diseases (NCDs) on modern society and medicine, the specific relevance and potential of yoga therapy in modern healthcare, how yoga and yoga therapy can be effective in changing lifestyle behaviours and strategies for incorporating yoga in healthcare and the general population such as social prescribing.

THE PRINCIPLES & PRACTICE OF YOGA IN HEALTHCARE



Paul Fox

*Chief Operations Officer for the Yoga In Healthcare Alliance UK,
Yoga Teacher*

Paul Fox is the Chief Operations Officer for the Yoga In Healthcare Alliance charity and co-author with Heather Mason of Yoga on Prescription: The Yoga4Health Social Prescribing Protocol. Paul oversees a community of over 450 yoga teachers and healthcare professionals who have trained with YIHA to deliver the Yoga4Health 10-week programme, accredited by the UK's National Health Service through the Personalised Care Institute. Paul was a BBC national news journalist in London for 23 years, and is a former Chair of the British Wheel of Yoga where he pioneered diversity, inclusion, and standards. Paul works closely with Heather Mason to deliver YIHA's charitable objectives of integrating yoga into healthcare, and with her on the work of the All-Party Parliamentary Group on Yoga in Society.

Saturday 11:15 am

Yoga on Prescription; Pioneering Yoga in Healthcare in the NHS

Delegates will learn about the 10-week Yoga4Health social prescribing programme developed by Paul and Yoga in Health Alliance UK. They will learn how this evidence-based preventative programme targets NHS patients at risk of becoming chronically ill and supports them to bring about lifestyle changes through a daily yoga practice.

Sunday 2:55 pm

Yoga for Healthcare Staff

Delegates will learn how yoga can address the problems of stress, anxiety and burnout among healthcare staff. As a lead member and designer of YIHA's new 6-week Yoga4NHS staff wellbeing programme, Paul will share the background and outcome of its first pilot programme. Paul will also share his experience of 'cracking the code' and the journey involved in bringing yoga in healthcare from its infancy to fully accredited and established programmes in the UK.



Dr Mark Rowe

Irish Doctor, Author and Vitality Expert

Dr Mark Rowe graduated from UCD in 1991 and has been a practicing family physician for over 20 years. He is the founder of the awarding-winning Waterford Health Park, home to his medical practice and the *Lifestyle Medicine Be Well Clinic*. He is the author of *A Prescription for Happiness: The Ten Commitments to a Happier, Healthier Life* and *The Men's Health Book*. He is a regular contributor to many national weekly publications and has delivered events and workshops on Lifestyle Medicine throughout the world.

Mark is a Diplomate of the International Board of Lifestyle Medicine. He has always held a strong desire to change the culture of 'a pill for every ill'. Instead, he advocates lifestyle change as the best medicine for lasting wellbeing.

Saturday 12:10 pm **Lifestyle as Medicine**

Delegates will understand the science of happiness, mindfulness and wellbeing. They will learn about the benefits of positive psychology, purpose and lifestyle as medicine. They will understand Lifestyle Medicine as an evidence-based 'lifestyle first' approach to prevention and treatment of chronic disease. They will also explore strategies to embrace stress, prevent burnout and enhance overall vitality.

THE PRINCIPLES & PRACTICE OF YOGA IN HEALTHCARE



Elma Toland

Senior Yoga Tutor with YTI. C-IAYT. YACEP

Elma Toland trained as a yoga teacher with the Irish Yoga Association in 1993. From 1997 to 1999 Elma took further yoga training with the Biomedical Trust (London) and qualified as a yoga therapist. Elma is fully certified with the Yoga Alliance as a Continuing Yoga Provider (YACEP) and holds the International Association of Yoga Therapists Certification (C-IAYT). In 2000, Elma co-founded with four other yoga teachers Yoga Therapy Ireland (YTI) – a professional organisation that provides general and specialised training for yoga teachers with a therapeutic approach. For the last 20 years she has worked as a senior tutor for YTI on their many training courses.

Elma taught yoga on the outskirts of Dublin for over 25 years. In 2015, Elma returned to live in her native Donegal and is currently teaching yoga in her local community.

Saturday 2:00 pm

Yoga Therapy; Principles and Practices and Personal Experiences

Delegates will gain an understanding of yoga therapy and the practices used in a yoga therapy setting. They will learn of Elma's personal experiences as a yoga therapist and participate in a chair yoga practice.



Practical session



Dr Karen Ward

B.Sc. (Hons), MA, PhD, Holistic Psychotherapist, Member of the IACP, Shamanic Therapist and Teacher, Member of the International Society of Shamanic Practitioners

Dr Karen Ward is a Shamanic Therapist, Supervisor and Teacher as well as a practising Psychotherapist. She has trained as a Hatha and Vinyasa Yoga Teacher and credits her beloved daily yoga practice as being vital to her being. Karen has published several books including *Change a Little to Change a Lot: Simple Ways to Bring Balance to Your Busy Life*; an annual *Moon Mná Diary-Journal* and recent bestselling *The Secrets of Ageless Ageing*. She is also co-editor of *Soul Seers - An Irish Anthology of Celtic Shamanism*.

Karen and her husband John founded and run the Slí an Chroí School of Irish Celtic Shamanism in Dublin.

Saturday 3:00 pm

The Secrets of Ageless Ageing

Delegates will be brought on a voyage of self-discovery on ageless ageing, given sound practical advice and a common-sense approach to the inevitability that is growing older with a wise and witty touch.



Practical session

THE PRINCIPLES & PRACTICE OF YOGA IN HEALTHCARE



Connie Walsh

Yoga Therapist, Registered General Nurse and Massage Therapist

Connie Walsh has been involved in the healing professions since 1981 when she commenced her general nurse training. She has a passionate belief in the importance of self-awareness and autonomy during periods of physical or emotional difficulty. Her experience through nursing, massage, craniosacral and yoga therapy gives her a broad scope of tools to draw from.

Since 2004, Connie has facilitated yoga classes and individual sessions in Lios Aoibhean and ARC cancer support centres. In 2008 she established Cancer Conscious Yoga and continues to run Cancer Awareness Workshops for yoga teachers.

Saturday 4:00 pm **Yoga in Cancer Care**

Delegates will learn about the role of yoga in the care of people with cancer. They will understand how yoga can be used to support clients undergoing active treatment such as radiation therapy, chemotherapy, surgery and after recovery. Delegates will also learn of the network of Specialist Yoga for Cancer Classes in Ireland and how to refer their clients/students for classes.



Niamh Daly

BA, Hatha Yoga Teacher, Senior Teacher of Yoga, Pilates Instructor, AdvDip Nutrition

Niamh has been teaching Hatha Yoga since 2004 and is a registered Senior Teacher and Teacher Trainer. She holds an Advanced Diploma in Nutrition Coaching and is a Pilates Mat I&II teacher. She teaches men and women of all ages.

In 2015, before the media frenzy about menopause, she began to develop what became Yoga for Menopause. Launching Certificate in Teaching Yoga for the Stages of Menopause in 2020, she has trained hundreds of Yoga teachers around the world how to adapt Yoga to support women in this phase of life. In her trainings, she empowers teachers to work within what inspires their passion, seeking to move away from homogenised content, while ensuring that what is offered as health or wellness support has the backing of responsibly researched efficacy.

She also offers courses to Pilates Instructors, Personal Trainers and Health Coaches in her Menopause Awareness and Strategies for Wellness Professionals CPD. She teaches classes, workshops, courses and supports women one-to-one.

Saturday 4:00 pm

Applying Research in Yoga for The Stages of Menopause

Delegates will learn about the role of yoga in supporting women through the stages of menopause. They will also gain a full understanding of the research supporting this genre of yoga and how research has influenced the design of Niamh's teaching nationally and internationally.

THE PRINCIPLES & PRACTICE OF YOGA IN HEALTHCARE



Catriona Cosgrove

Primary Teacher (M.Ed, B.Ed) Yoga Teacher (200hrs RYT)

Catriona Cosgrave is a primary school teacher and yoga teacher based in Dublin. She is a tutor on the Yoga for Children Course with YTI. She first began teaching yoga to children in 2012 within PE and SPHE lessons as well as chair yoga during the school day. She noticed how yoga practices and simple breathwork activities enhanced children's wellbeing and their readiness to learn.

Yoga for children in primary schools has become an increasingly popular concept, most notably in the aftermath of Covid-19 and within the context of the Framework for Wellbeing in Primary Schools (2018 - 2023). Based on her extensive experience, she will share her perspectives on the place of yoga within the primary curriculum.

Saturday 3:00 pm

Yoga for Children's Wellbeing

Delegates will learn about the role of yoga in supporting well-being in children. They will explore how well-being is currently taught in Irish Primary Schools through a variety of curricula and the potential place of yoga within these curricula. The voice of the child will also be explored.



Dr Lisa Corrigan

Assistant Professor in Interprofessional Learning in Trinity College Dublin

Dr Lisa Corrigan holds a PhD in Population Health and Health Services Research and PG Certificate in Clinical Exercise. She is a registered yoga and perinatal yoga teacher, with further certification in yoga for the stages of the menopause and womb yoga. She has been practicing yoga for over twenty years and teaching for nine years. Her research interests are yoga for health, physical activity across the perinatal period, intervention development and trial design, maternal health and perinatal mental health. Her most recent work includes *Feasibility of an Evidence-Based Live-Streamed Online Pregnancy Yoga Group Programme*.

She is currently working collaboratively with researchers at the University of Alberta to examine the physiological impact of yoga during pregnancy for both mother and baby.

Saturday 2:00 pm

Current Research in Yoga in Prenatal Care

Delegates will learn about the role of yoga in prenatal care in Ireland. Delegates will also gain an understanding of the types and stages of research in the clinical setting and what current research is taking place in the prenatal yoga field.

THE PRINCIPLES & PRACTICE OF YOGA IN HEALTHCARE



Anne-Marie McGlinchey

Fellowship of Yoga Society International, Founder Yoga Society Ireland, M.I.H.P., Dip.A.K., N.T.

Anne-Marie McGlinchey is a renowned yoga teacher and educator who teaches from the heart. Her background in education as a teacher and her work in the field of complimentary healthcare as a kinesiologist has enhanced her work. Anne-Marie founded Yoga Society Ireland in 1980 which is affiliated to Yoga Society International. She was awarded a fellowship for her work in yoga, specifically in the field of Teacher Training which she has been doing since 1980.

Her work spans many areas including Cancer Care, Special Needs including Visual Impairment, MS, Cardiac Care and Yoga for Everyday Life. She believes yoga is for everyone regardless of age, level of fitness or health issues. She lives in her native Donegal where she teaches from Dunree Yoga Centre.

"The philosophy of yoga has been a wonderful guide in my life"

Sunday 9:00 am

Yoga and Health; The Mind, Body, Spirit Connection

Delegates will learn about the wealth of benefits derived from the practice of yoga. They will explore how yoga fits into the concept of health and gain an understanding of the connection between mind, body and spirit.

Delegates will also be guided through a short meditative practice.



Practical session



Dr Pádraic Dunne

PhD, MIACP, Senior Lecturer Centre of Positive Psychology and Health RCSI

Dr Pádraic Dunne is a research scientist (immunologist) and accredited psychotherapist based at Centre for Positive Health Sciences (CPPH), Royal College of Surgeons in Ireland (RCSI). He is co-director of an MSc in Positive Health Coaching and leads the Digital Health Research Group within the Centre.

As an RCSI Lecturer, Dr Dunne is interested in the development of Health and Wellbeing programmes for postgraduate healthcare professionals, corporate work forces, as well as for patients suffering with chronic disease and for the general public. He is keenly interested in the interaction between mental stress and the immune system.

Dr Dunne is also a co-developer of the RCSI MOOC (Massive Open Online Course) on “Science of Health and Happiness” as well as “Science for Health and Happiness for Young People”. Both courses were made freely available to the public in 2021.

Sunday 9:55 am

Positive Psychology and Health

Delegates will learn about The Science of Health and Happiness. They will also learn about the mission of the RSCI “To Educate, Nurture and Discover for the Benefit of Human Health” and how RSCI courses are readily available to everyone.

THE PRINCIPLES & PRACTICE OF YOGA IN HEALTHCARE



Dr Donn Brennan

MBBChBAO, MRCP, MScAyu

Dr Donn Brennan was one of the first western medical doctors to train in India in Maharishi's Vedic Approach to Health. He qualified in medicine in 1979 at UCD and spent the following decade working in different specialities in hospitals and as a GP. Over the years Donn became disillusioned with the conventional medical model where the emphasis was on 'disease' rather than on 'prevention' and 'health'. So, when he came across the Ayurvedan approach to health he knew that this was the method of healing which he had been seeking.

Since 1990, Donn has worked full-time promoting, lecturing and consulting in Maharishi's Vedic Approach to Health. He has featured in many newspaper articles and on radio and television. He has lectured and consulted in almost all the major cities in Ireland and Britain as well as Iceland and the Channel Islands. He has also given many seminars, advanced talks and courses including introductory courses for medical doctors and pulse diagnosis courses. In addition, many thousands consult with him for ongoing health advice.

Sunday 12:10 pm

Fusing Medical Traditions for Health

Delegates will learn about the principles and application of Ayurvedic Medicine. Based on Dr Brennan's many years of learning and experience, they will understand how fusing medical traditions can help support our health and well-being. They will understand how this integration of the health traditions will greatly empower individuals to enhance health and prevent disease, saving health services money and resources.



Professor Holger Cramer

Research Director at the Department of Internal and Integrative Medicine, University of Duisburg-Essen, Germany; MSc in Clinical Psychology; PhD in Medical Science; DSc (hc) in Yoga

Holger Cramer, PhD, is full professor for research in complementary medicine at the University of Tübingen, Germany, Editor-in-Chief of the *Journal of Integrative and Complementary Medicine* (JICM; formerly JACM), and President of the International Society for Traditional, Complementary and Integrative Medicine Research (ISCMR). He has published more than 250 peer-reviewed scientific journal articles on the utilization, efficacy and safety of non-pharmacological interventions.

Professor Cramer is a clinical psychologist, medical scientist and state-licensed naturopath, and holds an honorary doctorate in yoga from S-VYASA University in India.

Sunday 2:00 pm

Yoga's Role in Integrative Medicine

Delegates will understand the role of yoga in integrative medicine. They will gain an overview of the types of research carried out (public health studies, clinical trials and meta-analyses) and understand how this research supports the efficacy and safety of integrative health and medicine. They will learn about the clinical application of yoga in the field of pain management.

THE PRINCIPLES & PRACTICE OF YOGA IN HEALTHCARE

How to get involved

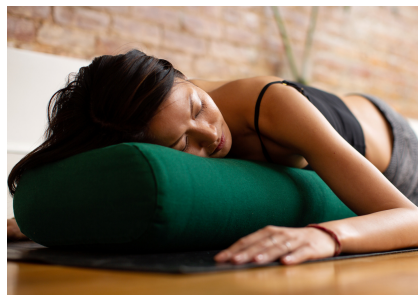
The work to integrate yoga into the Irish health system is just beginning. Yoga Therapy Ireland is dedicated to sharing the many benefits of yoga with all members of the community. We offer many training opportunities and further education to those wishing to deepen their knowledge of yoga.

Perhaps you have a yoga practice and would love to train as a teacher? Or perhaps you are a yoga teacher and wish to gain more specialised training. Then check out our courses on Page 25 or on our website www.yogatherapyireland.com.

Are you interested in Yoga in Healthcare-either sharing yoga with colleagues or supporting clients/patients? Then we need you to join us and get involved.

Why not be part of this journey, to forge the path and bring yoga into healthcare in Ireland? Check out our website to become a member of YTI or speak to one of the conference team over the weekend for more details.

Become a YTI member today.



Conference Day One

Saturday 13th May 2023

Time	Title	Speaker
9:00 am	Registration	
9:30 am	YTI Welcome	<i>Maureen Nightingale</i>
9:45 am	Opening Remarks	<i>Sabina Coyne Higgins</i>
10:00 am	The Scientific Rationale and Research Evidence for Yoga and Yoga Therapy and its Relevance to Public Health	<i>Dr Sat Bir Singh Khalsa</i>
10:55 am	Break	
11:15 am	Yoga on Prescription; Pioneering Yoga in Healthcare in the NHS	<i>Paul Fox</i>
12:10 pm	Lifestyle as Medicine	<i>Dr Mark Rowe</i>
1:00 pm	Lunch	

THE PRINCIPLES & PRACTICE OF YOGA IN HEALTHCARE

Breakout Sessions: Delegates Can Attend One Speaker Per Session		
Breakout Session Time	Room A	Room B
2:00 pm	Current Research in Yoga in Prenatal Care <i>Dr Lisa Corrigan</i>	Yoga Therapy; Principles Practice and Personal Experiences  <i>Elma Toland</i>
3:00 pm	Yoga for Children's Wellbeing <i>Caitriona Cosgrove</i>	The Secrets of Ageless Ageing  <i>Dr Karen Ward</i>
3:55 pm	Applying Research in Yoga for The Stages of Menopause <i>Niamh Daly</i>	Yoga in Cancer Care <i>Connie Walsh</i>
4:45 pm	Wrap Up; Reflection on Learning	

Conference Day Two

Sunday 14th May

Time	Title	Speaker
9:00 am	Yoga & Health; The Mind,  Body, Spirit Connection	<i>Anne-Marie McGlinchey</i>
9:55 am	Positive Psychology and Health	<i>Dr Pádraic Dunne</i>
10:55 am	Break	
11:15 am	Yoga and Yoga Therapy; Relevance and Research Evidence for the Prevention and Treatment of Noncommunicable Diseases and its Implementation into Healthcare and Modern Medicine	<i>Dr Sat Bir Singh Khalsa</i>
12:10 pm	Fusing Medical Traditions for Health	<i>Dr Donn Brennan</i>
1:00 pm	Lunch	

THE PRINCIPLES & PRACTICE OF YOGA IN HEALTHCARE

Time	Title	Speaker
2:00 pm	Yoga's Role in Integrative Medicine	<i>Professor Holger Cramer</i>
2:55 pm	Yoga for Healthcare Staff	<i>Paul Fox</i>
4:00 pm	Where to from Here? Charting the Way for Yoga in HealthCare in Ireland	<i>Panel Discussion (All)</i>
4:45 pm	Closing Remarks	<i>Maureen Nightingale</i>



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Expand your learning with Yoga Therapy Ireland

Yoga Therapy Ireland is dedicated to sharing the wonderful benefits of yoga. They offer many training opportunities and further education to those wishing to deepen their knowledge of yoga.

YTI focuses on the therapeutic aspects of yoga, enabling graduates to teach a wide variety of classes to various groups. They provide Ireland's only continuous RYT 500-hour yoga teacher training qualification which includes a Certificate in Anatomy and Physiology. YTI also offers support and mentoring to new graduates

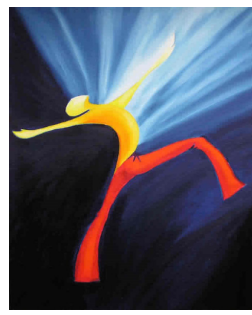
YTI also offers a wide variety of yoga workshops to suit all levels of experience and interest. All training and workshops are delivered from Marino Institute of Education, Dublin 9.

Yoga Therapy Ireland offers:

- YTI 6 month Foundation Course
- YTI 2 Year 500 hour Yoga Teacher Training Diploma Course
- YTI 1 Year Advanced Teaching Skills and Therapeutic Training Diploma Course
- YTI Yoga for Pregnancy training
- YTI Yoga for Mum and Baby training
- YTI Yoga for Children, Teens and Special Needs training
- YTI Yoga for Sports Training Course
- YTI The Mindful Way
- And a wide variety of yoga workshops to suit all levels of experience.



For more information and to become a member of Yoga Therapy Ireland visit yogatherapyireland.com



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For more information:

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✉ info@yogatherapyireland.com

🌐 www.yogatherapyireland.com/yogainhealthcare/
