

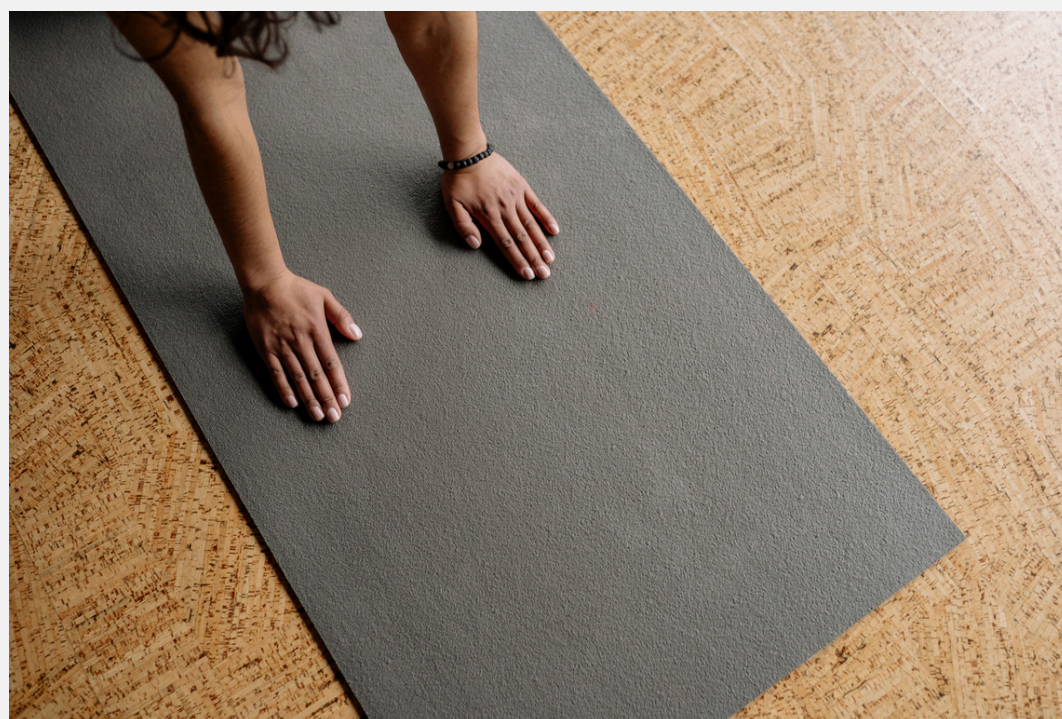


its never too late to begin





# Yoga Dublin introduces to you a 4 month yoga training



Are you in need for an unforgettable journey one that will change the trajectory of your mind & body connection.

Are you ready to experience a training which will help you deepen your own practise as well as give you the tools to become a teacher?

Each module has been mindfully curated to cover all aspects of traditional yoga as well as each teacher specially hand picked for their years of teaching and learning.

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## Teachers

Aine Kerrigan  
Mignon Vdl  
Snehaa Midha  
Dan Morgan

## Mentors

Jocelyn Brown

this training is **yoga alliance**  
accredited





# ASANA, ANATOMY, PHILOSOPHY, MEDITATION, BREATH WORK

25th September - 7th December

€2899

€2499 early bird

€2299 Super early bird

(membership included)

this training has a limited number of spaces we have kept it small in order to attend to everyone's needs.

giving you a niche, specialized training. we ask for students to have minimum 1 year of practice. please be advised that due to high demand.







## things to **note**

deposit of €995 is non-refundable

certification is dependent on you attending all hours and the  
completion of a written and practical exam.

any missed days must be made up in the following trainings.

day starts at 8:30am - 5:30pm (subject to change)

**If you are interested please let us know and we will send you an application form to  
fill in and then will be in contact for any questions you may have.**





# MEET THE TEAM

each trainer has been  
handpicked for their years of  
experience in teaching as well as  
their dedication to learning and  
sharing multiple styles of asana,  
breath work, meditation and  
philosophy.





# Aine Kerrigan

Áine teaches yoga with an emphasis on safety and alignment, offering students a safe and supportive environment to explore their personal yoga practice while moving mindfully.

First introduced to yoga in 2005, Áine delved into all aspects of the practice and various lineages eventually deciding she needed to leave her corporate job and share what she was learning with others.

Having trained to teach Hatha, Jivamukti and Katonah Yoga with internationally renowned teachers, Aine weaves asana with more esoteric intentions, theories and philosophies set to the backdrop of interesting yet perfectly curated playlists.



# Snehaa Midha



Snehaa Midha is an internationally certified yoga teacher (RYT 600) and wellness coach from India, the land of yoga.

She dedicated the initial years honing her skills at Bihar School of Yoga, Munger, India and Sivananda Yoga, Uttarkashi, Himalayas, India.

Since then, she has been constantly upgrading her skill sets and taking up yoga courses in various parts of India until 2021, as well as conducting live yoga classes for multiple brands in India.

She has been teaching various formats like Hatha, Ashtanga, Pre & Postnatal, Power Yoga, and Meditation for over 8 years and is also a Pranic Healer (Energy Healer).

Currently, she is bringing her expertise to Yoga Dublin, offering a plethora of content to keep people stress-free and improve their productivity in all aspects of life. Snehaa lives in Dublin with her husband and loves to explore the exterior and interior world. See you on the other side and stay well!



# Dan Morgan

Dan Morgan is an international E-200 RYT Yoga, meditation and breathwork teacher and Teacher Trainer, YACEP, Transformational Coach and Advanced Clinical Massage Therapist. For almost a decade, Dan has had the pleasure of teaching practitioners of all levels all around the world. He has had the pleasure of teaching trainings, workshops and retreats in over 10 countries globally. Dan's passion is to inspire the masses to discover a healthy balance in the way that they each live their lives – to live a life that truly resonates with their authentic selves. Founded with a belief that the yoga practice doesn't start and stop on the mat, Dan leads classes that encourage a deeper individual exploration, and that inspire continued self awareness, understanding and growth in all aspects of life.

With a constantly evolving personal practice, taking inspiration from both traditional and modern teachings, his classes provide a balance of strength and mobility, exploring the practice in a nuanced way to help practitioners achieve the breakthroughs in their own personal practice and self understanding. With the ethos 'teach people, not postures' and a belief that every body is unique – he leads a practice that goes beyond the postures. Having always used a physical practice as a gateway to explore the yoga practice as a deeper way of being, Dan teaches using yoga asana, breathwork and meditation as a way to ground into the present moment, and then as a tool to move deeper into self understanding, consciousness & awareness.



# Mignon vdl

Intuition is power – But how do we tap into this?

In life we often fall into a rut of not trusting our own minds and often even our bodies and hearts.

She first fell in love with movement many years ago where she grew up in South Africa. After completing her first training in Mozambique she felt it helped her find a deeper connection to herself and her life. She went on to travel India for a few months by herself to further understand the tradition and roots of this practice. She is a 1000hr + accredited yoga, breath work & meditation teacher.

She has travelled around the world to learn and teach. She carefully curates each class bringing in elements of all her favourite styles (26x2, rocket yoga, yin yoga) creating a niche vinyasa class focusing on mobility, mindfulness & energetics.

Mignon loves to share the combination of movement, breath and meditation practices as it contributed to helping her find combat tactics assisting with her fibromyalgia, depression & anxiety. She doesn't take on the typical 'teaching' at you method but rather a sharing method – she believes everyone has something to share. She loves creating community and looks forward to meeting everyone.





# Jocelyn Brown



Jocelyn started practicing yoga in her home country Canada almost 15 years ago as a way to destress. Through her practice she came to appreciate the benefits of yoga for not only physical, but mental health. The connection of body-mind-and breath that yoga brings continues to be a driving force not only in her teaching, but throughout her daily life.

Teaching for over 10 years she has 200hrs in Sivananda and Baptiste Power Flow, as well as advanced trainings in assisting and sequencing from Amy Ippoliti and 50hr in Budokon Yoga training.

Jocelyn has been fortunate enough to be able to share her practice and teachings around the globe from Canada to Ireland over to Italy, and now back to Dublin.

She loves to teach a dynamic vinyasa style class, connecting movement and breath, allowing students to be playful and really challenge themselves while being accessible to all.



Our functional anatomy classes ensure an understanding of the key muscles and bones involved in asana practice and their associated health benefits and contraindications.

Substantial emphasis is placed on analytic training, muscular and skeletal anatomy, individual physical limitations and differences



## Anatomy & Physiology



## Philosophy

- Yoga: History
- meaning and lifestyle
- Four paths of yoga: Jnana Yoga, Raja Yoga, Bhakti Yoga, Karma Yoga
- Ashtanga yoga & Patanjali Yoga Sutra
- The eight limbs of Ashtanga Yoga
- The yogic lifestyle
- Obstacles on the path of yoga and means to overcome them
- Importance of satsang and sangha
- Concepts of three gunas: Satva, Rajas, Tamas.
- Life style and ethics for a yoga practitioner and teacher

Introduction to and history of Yoga Asana (Physical Postures)

The four elements of asana; Vinyasa, Ujjayi pranayama, Bandhas and Drishti.

Variety of Poses/Asana: Standing Asanas, Seated Asanas, Finishing Asanas.

Alignment & modifications: In this class we teach you how to practice all the asanas with proper alignment and how to modify them when necessary.

How to use props in various postures.  
Teaching practice: This class is all about learning and practicing how to teach vinyasa flow classes.

You will start practice teaching from early on in the training always supervised and guided by senior teachers.

Principles and art of sequencing

\*Important to know all modules will link into one



## Asana



# THE SCHEDULE

You are also expected to complete 50  
non-contact hours throught the course.  
And 10 teaching hours

25th September	Thursday	8:30am - 5pm
26th September	Friday	8:30am - 5pm
27th September	Saturday	8:30am - 5pm
28th September	Sunday	8:30am - 5pm
24th October	Friday	8:30am - 5pm
25th October	Saturday	8:30am - 5pm
26th October	Sunday	8:30am - 5pm
27th October	Monday	8:30am - 5pm
15th November	Saturday	8:30am - 5:30pm
16th November	Sunday	8:30am - 5:30pm
20th November	Thursday	8:30am - 5pm
21st November	Friday	8:30am - 5pm
22nd November	Saturday	8:30am - 5pm
23rd November	Sunday	8:30am - 5pm
4th December	Thursday	8:30am - 5pm
5th December	Friday	8:30am - 5pm
6th December	Saturday	8:30am - 5pm
7th December	Sunday	8:30am - 5pm



# APPLY TODAY

*limited spaces available*

*minimum 1 year experience required*

[Link to apply.](#)

