



**Ballin  
Temple**

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Summer 2005

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## YOGA INTENSIVE REGISTRATION FORM

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Name:

Address:

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Tel:

Email:

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I wish to attend  Session 1 Monday, 27<sup>th</sup> June – Friday, 1<sup>st</sup> July

Session 2 Monday, 18<sup>th</sup> July, 2005 – Friday, 22<sup>nd</sup> July 2005

**Cost per session: €45. Cost for both sessions: €80. I have enclosed €\_\_\_\_\_.**

Payment by cheque please, payable to Pamela Butler.

Please post registration at least 3 working days before commencement of session to the address indicated above. Your place is confirmed upon payment, and the course is being run on a first come, first served basis.

Many thanks.

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## HEALTH QUESTIONNAIRE

If you experience any of the conditions below, or are in doubt as to whether you should begin an exercise program, please check with a health professional.

Do you experience any of the following?

- |                          |  |
|--------------------------|--|
| <input type="checkbox"/> | High blood pressure/ hypertension            |
| <input type="checkbox"/> | Circulatory problems, stroke                 |
| <input type="checkbox"/> | Recent head or neck injuries or chronic pain |
| <input type="checkbox"/> | Back injuries or chronic pain                |
| <input type="checkbox"/> | Other bone/joint problems                    |
| <input type="checkbox"/> | Pregnant                                     |
| <input type="checkbox"/> | Other: ...                                   |

Signed: \_\_\_\_\_

Date: \_\_\_\_\_



*Summer 2005*

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## YOGA INTENSIVE INFORMATION SHEET

### The Concept

The intensive session aims to give you the opportunity to experience yoga as a daily activity. Weekend retreats are rejuvenating, yet do not give you the sense that yoga fits into your regular schedule. Completing five consecutive days of yoga will give you a sense of how this ancient art can be a restful and recuperative part of your daily life. Even a short practice – as brief as ten minutes – done regularly, will benefit you physically and mentally. This program is designed to give structure to your practice so that it's easier for you to “meet your mat” on a regular basis at home.

### What to Expect

- Each class will include relaxation, *pranayama* (control of “life force” through attentive breathing), *vinyasa* (flowing postures), *asana* (steady postures) and chant. Core abdominal strengthening will also be taught.
- “Intensive” doesn’t mean “advanced.” The course assumes some familiarity with yoga, but whatever your level, you will be instructed to move into and out of postures with self-awareness, and encouraged to recognize and challenge your own limits rather than setting goals based on what others are doing.

### How to Prepare

- Classes run from 8:00 to 9:30 p.m. Thursday and Friday's classes may be shorter (about 75 minutes), to help you see that you don't need to put aside 90 minutes for an effective practice.
- Please arrive on time. If you arrive after class begins, please wait outside until the opening *savasana* (relaxation) is completed.
- Please leave shoes outside the practice room. Maintain a peaceful frame of mind before class. Enter quietly, speak softly, prepare mentally.
- You will need:
  1. Clothing that does not restrict movement around your hips, waist or shoulders.
  2. A non-slip mat (Tesco now sells yoga mats for about €10, though they are not consistently available).
  3. A yoga block if you have one.
  4. A blanket.
  5. Bare feet!
- Yoga is best practiced on an empty stomach. Eat a light meal at least 2 hours before class.

### Venue

**TEACH BRÍDE (through the church car park), Chapel Lane, Tullow**



See you there!