

# YogArt 2005

## Registration Form

Child(ren)'s name(s): \_\_\_\_\_

Age(s): \_\_\_\_\_ D(s).O.B.: \_\_\_ / \_\_\_ / \_\_\_

day / month / year

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

School grade just completed: \_\_\_\_\_

Parent's name(s): \_\_\_\_\_

Telephone: \_\_\_\_\_ (home) \_\_\_\_\_ (other)

email: \_\_\_\_\_

Address: \_\_\_\_\_

Cheque enclosed? \_\_\_\_\_

Please make payable to Pamela Butler. Post to: Ballin Temple, Ardattin, Co. Carlow. Thank you.

For the benefit of your child, please let us know if they suffer from any sort of illness, allergy, injury, or any condition that may compromise their enjoyment of the program. Thank you.

# About YogArt

## **Why combine yoga and art?**

**Yoga has been defined as the “art of right living,” meaning that it allows the practitioner to develop an internal compass to lead a healthy, intellectually rewarding and spiritually evolving life. Art is a “left brain” expression of self**

## **Materials required**

Packed lunch

Art:

Yoga:

## About the course

The morning will start with an hour of yoga.

We will break for half an hour for snack, and with an informal activity such as storytelling, songs or mandala-making.

Hilary will spend about 90 minutes [fostering creative expression]...

## Schedule

Monday, July 25<sup>th</sup> – Friday July 29<sup>th</sup>

9:30 – 12:30

## Venue

Ballin Temple is an area of natural beauty just a short drive from several villages including Ardattin, Clonegal and Ballon. The course will take place at Ballin Temple Lodge, along the farm lane between Monaghrim Cross and Ardattin. The converted shed provides a comfortable space for our activities...

## About Pam and Hilary

A friend brought Pam to her first yoga class some 15 years ago. At the time, it was a good excuse to leave work early, and to improve her flexibility for the sake of other sports. Needless to say, yoga has taken on new dimensions since the early days, and in 2000 Pam qualified to teach yoga in Canada. She has been teaching several classes a week ever since - with time off for Baby #4 and knee surgery, during which yoga proved to be an invaluable part of life.