



# Yoga

*Group classes with Camilla O'Callaghan*  
see [www.yogaconnect.ie](http://www.yogaconnect.ie)  
*January 10th to March 13th 2008*

## **Limerick - Castletroy:**

N-Rich Holistic Therapy Centre, Dublin Road

### **Thursdays**

*starts 10th January*  
10 weeks: €130

8.00 - 9.15am. Early Risers: awaken, stretch and strengthen  
9.45 - 11.15am. Morning: care for yourself  
6.15 - 7.30pm. Beginners: learn basic asanas, breath & movement  
7.40 - 9.15pm, Continuers: Deepen the process

## **Newmarket on Fergus**

International Music Institute, Beechlawn

### **Mondays**

*starts 14th January*  
9 weeks: €120

6.30 - 7.45pm. Beginners: learn basic asanas, movement, breath & spine  
7.45 - 9.15pm. Experienced students only

## **Killaloe / Ogonnelloe:**

Amethyst (near Pipers Inn)

### **Tuesdays**

*starts 15th January*  
9 weeks: €120

10.00 - 11.30am. A careful blend of asanas, breath, meditation & sound  
7.00 - 8.30pm. Expand your capacity, awareness & well-being

**Contact Camilla: 087 2888902 / 061 376084**



**Camilla O'Callaghan**  
is a yoga teacher and therapist.

Beginning yoga in 1972, Camilla's formal training started in 1988 in Berlin with Martin Soder and Imogen Dalmann. She continues this line of study today with Paul Harvey in the Association of Yoga Studies in UK. All her teachers continue the teaching of the great sage and yoga master Krishnamacharya, as taught by his son T K Desikachar. This lineage centres its teaching on one-to-one teaching and yoga therapy. It uses yogic philosophy and ayurvedic teaching as well as a profound understanding of breath, movement and asana to enable any manner of student to access the power of the awakening spine and the deepening of awareness and breath.

Camilla has a private practice in 1:1 teaching and yoga therapy. Here a student - regardless of ability - may have practices tailor-made to suit their own pace of progress, through the daily practice of short yet energetically appropriate practices.

For further information see [www.yogaconnect.ie](http://www.yogaconnect.ie)  
or phone Camilla for a free introductory (half hour) session.  
**Phone: 087 2888902 or 061 376084**