

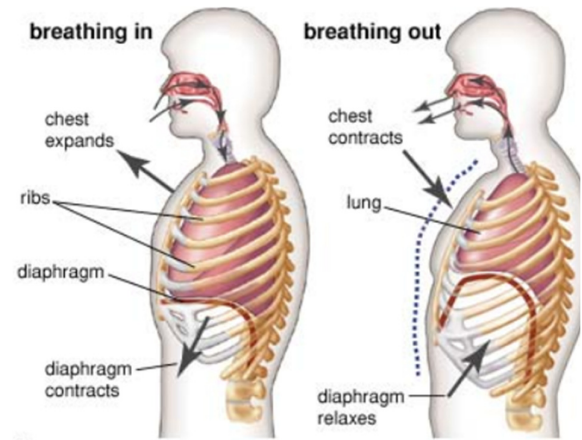


Muscular Dystrophy Ireland Taster Session



Healthy Hearts and Healthy Lungs

- The mechanics of breathing
- Practises to improve the function of lungs
- Strengthen the diaphragm and muscles of breathing
- Learn techniques to lower blood pressure and to induce deep relaxation
- Learn about YOGA for breathing, it's benefits and proper use



A simple Yoga class for people with a Neuromuscular Condition

No prior experience of Yoga is necessary just an open mind



SATYANANDA YOGA

Date: Wednesday 17th April 2013

Venue: MDI House Chapelizod Dublin

Time: 11.30am – 1.00pm

To book your place, or for further information please contact:
MDI head office on (01) 6236414 or
emai: info@mdi.ie

