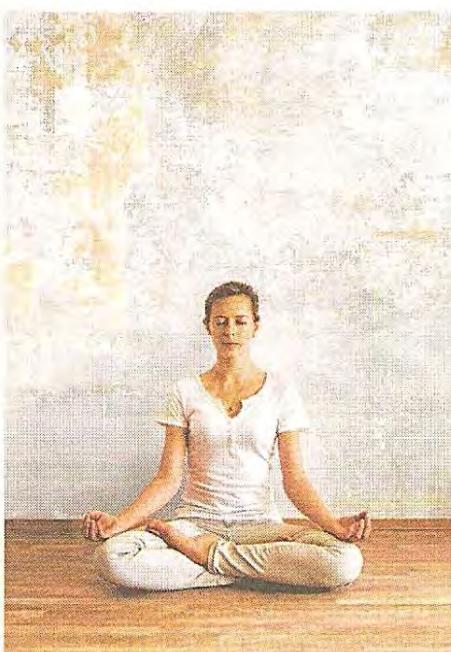


FRONTLINES



BREATHE FREELY

Discovering the new you can be a costly affair – 11 days into the new year and we're betting more than a few of us have a new gym membership fob, destined to become nothing more than an expensive key ring.

But next week's National Iyengar Yoga Day will enable you experience the benefits of yoga for free, without having to commit to classes. Iyengar yoga uses a mixture of poses and breathing exercises to improve strength, stamina and flexibility, while aiding health and relaxation.

Free 60-minute classes will be held all over the country on Saturday, January 18th by more than 65 accredited Iyengar teachers. Classes are beginner level and suitable for all, regardless of age, strength or flexibility. For a full list of teachers and locations and how to register, see miyoga.org or iyengaryogainstitute.com.

Rachel Collins

THE IRISH TIMES irishtimes.com/health

Health + Family

Tuesday, January 14, 2014 Editor John Collins email health@irishtimes.com

■ **Free yoga classes:** Iyengar yoga teachers will give free one-hour yoga classes in over 60 locations throughout Ireland on Saturday. Each class will include standing poses, seated work and relaxation. See miyoga.org or iyengaryogainstitute.com or call 087-7521783 for venues. See also iyengaryoga.org.uk for list of certified Iyengar yoga teachers in Ireland.

Sylvia Thompson

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Today With Sean O Rourke Tuesday 14 January 2014

Today with Sean O'Rourke

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Irish Water



Later today senior management in Irish Water will appear before the Oireachtas Environment Committee to explain how it spent €100 million on consultants as revealed on this programme by Chief Executive John Tierney. So far €100 million has been spent setting up the company.

The Irish Independent's Environment Correspondent Paul Melia has seen EU tender documents which he says show some contracts were never sent to tender and he joined Sean this morning.

Keywords: [Irish Water\(/radio1/search/?q=*&fq=nolc_keywords:%22Irish Water%22\)](#)

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Tuesday 21st January



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Paisley: Genesis to Revelation



At 87, Ian Paisley has not lost his capacity to grab the headlines. On Eamon Maillie's documentary 'Paisley: Genesis to Revelation', the first part of which was broadcast on BBC NI last night, the former Democratic Unionist Party leader said he was shocked about the Dublin and Monaghan bombings in which 33 people died, but 'the attitude of the southern government was ridiculous' intimating that their policies brought the bombings upon the Republic.

Seamus Mallon the former deputy leader of the SDLP and former First Minister and Fionnuala O'Connor writer and columnist both watched the programme last night.

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Call: 1850 215 900

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Yoga



It's an exercise that can leave you flexible, agile and relaxed. Yoga is one of the most popular ways to keep your body both physically and mentally and helps develop a sense of self reliance and confidence.

Marie Louise O'Donnell took herself off to a yoga class and she joins me now to tell the tale.

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Plastic Surgery



Despite the widespread and growing popularity of plastic surgery, it remains the case that no formal registration or qualification is required for a practitioner carrying out derma fillers, breast implants other cosmetic procedures in this country.

The Irish Association of Plastic Surgeons is calling on the government to introduce legislation to fix what they regard as a potentially dangerous anomaly and ensure that all surgeons practicing here have the required training.

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Dr Patricia Eadie is President of the Irish Association of Plastic Surgeons and she joined Sean this morning.

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Suicide



A cluster of suicides in East Galway has shocked the communities in towns and villages in a scattered rural area surrounding Ballinasloe. St Brigid's Psychiatric hospital has already closed and will lose five of its remaining twenty psychiatric beds next Monday, sending patients to Galway City instead. Sean was joined in studio by Noel Smyth, Chairman and founder of the 3Ts (Turn the Tide of Suicide). Also Valerie Cox has been to Galway.

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THE **Vulture**

The Mail critics' pick of the week's must-see events

ON HEALTH

FREE YOGA CLASS

FOR those who didn't know, tomorrow is Iyengar Yoga Day — meaning free yoga taster classes nationwide. The classes will be at beginner level and suitable for all, regardless of age, strength or flexibility. Each class will be one hour long and consist of standing postures and seated work and followed by a period of relaxation. Studies have found that Iyengar yoga helps patients with physical problems including osteoarthritis. It is also thought to be beneficial for people who suffer from depression, anxiety or anger.

■ FOR a list of locations, see miyoga.org or iyengaryogainstitute.com

OLGA CRONIN





GET UP AND GO

GET MOVING: To celebrate National Iyengar Yoga day there will be free yoga classes for all levels of ability across the country tomorrow.

The classes, which will be held at over 60 different locations in 22 counties, are suitable for all ages and will be one hour long. They will focus on posture, seated work and relaxation.

Annette Cahill, a Iyengar Yoga teacher from Dublin, says yoga benefits people both mentally and physically and the classes are an opportunity to experience this. "January is the perfect time to get the body active and start the new year on a healthy note," she added.

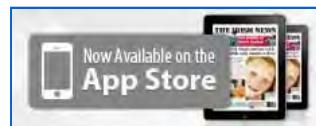
■ Call Susanne on 087-7521783 or see

www.myyoga.org for further details on times and locations.

[Headlines](#)[Pictures](#)[List](#)Life Style 

Published 18/01/2014

Nuala McCann

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I'm no Johnny-come-lately to yoga. I started at the age of 18 in the days when it was easy for me to pull off an electric blue leotard. Within weeks, I was standing on my head...

N eXT week I shall be 53 and the wonder of it all is that I can still touch my toes.

Actually I can bend over, legs straight, and stand on my hands. now, that really is boasting.

But I owe it all to yoga.

I'm no Johnny-come-lately to yoga.

I started at the age of 18 in the days when it was easy for me to pull off an electric blue leotard. Within weeks, I was standing on my head, unsupported, in the middle of the room for as long as I liked.

But then a space of about 30 years whizzed past and I got caught up in all sorts of activities like childbirth and child rearing and a career that made me feel like I was standing on my head and balancing three plates on each upturned palm while pedalling like mad on an imaginary unicycle. Phew.

Then yoga stepped lightly out of the shadows and won me back.

Truth is, it hit the spot that aerobics never did.

Unfortunately yoga did not love me as much. At this stage, I'm not sure that I'll ever be standing on my head in the middle of a room again. Thirty years bashing away on big old iron typewriters and modern computers does nothing for your shoulders.

It would probably take another 30 years to correct my humped back but that isn't the point.

It has given me flexibility of body and of soul. "When you're reversing the car, do you ever have any difficulty looking back over your shoulder?" asks my brother who also does yoga. "no," I tell him. "I never have a twinge." "There you are," he says.

But that is not all.

I've developed a bit of a flexible soul too. You see, what happens on your yoga mat stays on your yoga mat.

In a room full of people, you don't look beyond your own mat. So what if they're all young and they can all do marvellous 'dog-head down' and remain in plank for a century - that is where they are.

This is your journey. Yoga is non-competitive. It is just you and your body. Focus, focus, focus.

On my mat, I've found peace from the swirling mass of thoughts and worries and yellow post-it slips blocking up my head.

Some people do Vinyasa flow yoga but it is too up and down for me. Some people like Bikram - yoga in a very very hot room where you sweat like crazy. Some people like doing yoga dangling from cocoons.

But I love Iyengar - so called because it was founded by BKS Iyengar who has been called the Michelangelo of yoga.

I have a lovely photograph of him standing on a woman's hands as she does dog-head down.

And I get it - you need the four corners of your hands flat on the floor. It should feel right. I'd want him standing on my hands too.

My yoga is quite slow and very, very precise yoga. You move and you stretch and each pose is exact. "Lift your arches," says my yoga teacher, pointing at my feet. "Mind that thoracic spine, lift your chest," she says.

And we breathe.

And the night that I go out and do my class is always followed by my best night's sleep in the week.

Of course I curse at the warrior poses - but you have to push your body.

But even the young 'uns in work are impressed at my pecs - honed with long periods of plank.

And all this is a roundabout way of saying that today, Saturday, is Iyengar Ireland Yoga day. It is a day when Iyengar teachers across the island are giving an hour of their time for free to anyone who would like to try a little yoga.

It is a new beginners only day and it is open to all. no high temperatures, no fancy cocoons, just Iyengar yoga on a mat.

In the years since I returned to yoga, I have made very good friends on my mat.

We meet up for lunch every so often and even had an official Christmas dinner this year.

We had a wonderful holiday in France: yoga, wine, chat - what's not to love?

And my yoga teacher has become a friend too. She gives of herself and her time - it is not just a business. You see, yoga is not simply exercise, it is a way of being.

It is Iyengar Saturday - why not give it a go? It might be a coming home for you too.



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THE AFTERNOON SHOW - TUESDAY JANUARY 14TH 2014

14 January, 2014 - 15:57

On The Afternoon Show today Máire spoke with pro surfers Ollie O'Flaherty from Lahinch and Peter Conroy from Miltown Malbay. Ollie and Peter are both in the running for this year's Billabong XXL Global Big Wave Awards. Last weekend both surfers braved the storms and took to the water in Mullaghmore in Sligo where there were powerful swells of 20 to 30 feet. The Billabong competition nominations are made up of the best waves that have been surfed in Europe so far in the year – the nominations will be whittled down to a shortlist of 5 later in March.

Terry O'Grady from Loughrea also got in touch with the show to tell us an unusual story! Terry was driving close to Doolin, near Dunguaire Castle, 22 years ago and stopped to admire the moon. The car's engine was turned off, he was in neutral, handbrake off and instead of rolling downhill – the car reversed uphill! Last week his curiosity was re-ignited and he returned to the spot where the same thing happened again! If you have come across the same phenomenon or similar cases in Clare we'd like to hear about them – please email afternoon@clare.fm (The precise location of Terry's magic road is as follows – On the Doolin to Ennistymon road you reach Dunguaire castle, just to the right there is a hill and ditch, follow this for a moment until you come to the first bend – stop your car and see for yourself what happens!)

Suzanne Sturton is the Chair of the Munster Iyengar Yoga Institute and is based at the East Clare Yoga Centre in Tuamgraney. She was in studio to tell us about how Yoga classes will be offered free of charge in over 60 locations across Ireland on Saturday 18th January to celebrate National Iyengar Yoga Day. Classes are beginner level and suitable for all, regardless of age, strength or flexibility. Four free classes will be held at the East Clare Yoga Centre Tuamgraney at 10am, 11.30am, 1pm and 2.30pm. Classes will also be taught at the Bridge Yoga Centre, Bridgetown 11am-12 noon and Quay Arts Centre, Killaloe from 9.30am-10.30am. Each free class will be one hour long and consist of some standing postures, some seated work and be followed by a period of relaxation. For more details or to book your place please call 061 640 923 or check out www.eastclareyoga.com

John Sims is a Science Teacher at Mary Immaculate in Lisdoonvarna, he and some of his students joined the programme following their participation in the 50th BT Young Scientist & Technology Exhibition, which took place in Dublin last week. They've made a major haul of awards at this year's event – 5 in total, which has showcased their hard work and love of science. Keelan and Rihanna McMahon won 2nd place in senior category and won the EMC2 award for best data collection for their project - The changing Geography of the Young Scientist Competition. While Tess Sheridan Cassin and Aoife won best geological award for their project on why sand at Clare's beaches are different colours. Stephen O'Connell came 1st in the intermediate individual category in biological and ecological sciences and David Sims received a highly commended in the hotly contested senior individual category for his work on the treatment of sewage with sea lettuce.

Breda McCullough from Dysart was also a guest of the show as she let listeners know how they can get out and get active to help support a worthy local cause. The annual Toonagh Walk for Seeing Vision and Clare Sunset Foundation will be held this coming Sunday – January 19th. Walkers will convene at Dysart Church (it had been Toonagh Hall but due to storm damage they've changed venue) at 11.30 for registration – walk commences at 12.30. There's a 3/5/10.5k walk - €10 entry and donations appreciated.

To contact the show please email afternoon@clare.fm

[afternoon's blog](#)



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Free yoga to mark international day



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14 January 2014

YOGA Classes are to be offered free of charge in 60 locations across Ireland, two of them in County Wexford, on Saturday, January 18, to celebrate national Iyengar Yoga Day.

The classes are at beginner level and suitable for all, regardless of age, strength or flexibility.

Anyone interested should call Mairead Dunne on 087 929 3090 or Catherine Mitchell on 087 687 2725.



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REGIONAL

East Clare

Balancing life on yoga day

NATIONAL Iyengar Yoga Day takes place across the country on January 18 and as part of the celebration, there will be free events taking place at the East Clare Yoga Centre in Tuamgraney.

To mark the occasion in East Clare, four one-hour classes will be taught at 10am, 11.30am, 1pm and 2.30pm.

All classes are beginner level and suitable for all, regardless of age, strength or flexibility.

Each class will consist of some standing postures, some seated work and be followed by a period of relaxation. They will be taught by a certified Iyengar yoga teacher.

This type of yoga is based on the teachings of yoga master BKS Iyengar and is rooted in the 2,500-year-old classical yoga tradition of the yoga sutras of Patanjali.

The classes will be offered at 60 locations across the country as part of National Iyengar Yoga Day.

eastCLARE

Start 2014 on a healthy note with free yoga taster

Ronan Judge

THE East Clare Yoga centre in Tu-magraney will host a free event to mark National Iyengar Yoga Day on Saturday, January 18.

As part of the open day, four one hour classes will be taught at 10am, 11.30am, 1pm and 2.30pm. The classes will be free of charge. All classes are beginner level suitable for

all ages regardless of age, strength or flexibility.

Each class will consist of standing postures; some seated work and be followed by a period of relaxation.

Classes will be taught by a certified Iyengar yoga teacher: Lisa Bedford, Doris Scanlan, Ellen Baggs or Susanne Sturton.

The East Clare Yoga Centre is run by the Sturton family. Susanne

Sturton is a qualified Iyengar Yoga teacher and teaches weekly classes and weekend workshops. Susanne's husband Paul and his parents, Rod and Pheme, create the vegetarian menus and do all the cooking. Rod and Pheme have many years experience in the service industry having run their own business in the UK for many years. Also living at the centre are Susanne and Paul's young daughters Hazel and Holly.

Iyengar Yoga is rooted in the 2500 old classical yoga tradition of the yoga sutras of Patanjali. Today it is one of the most widely practiced forms of yoga. Practice of the yoga postures tones and regulates the body and teaches clarity and stability of mind.

Yoga classes will be offered free of charge in over 60 locations across

Ireland on January 18 to celebrate National Iyengar Yoga Day.

Yoga teacher Annette Cahill said, "There are so many physical and mental benefits to practicing yoga and we wanted to provide an opportunity to as many people as possible to experience these benefits themselves. January is the perfect time to get the body active and start the New Year on a healthy note."

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FREE YOGA CLASSES NATIONWIDE

Yoga classes will be offered free of charge in over 60 locations across Ireland on Saturday, January 18th to celebrate National Iyengar Yoga Day. Classes are beginner level and suitable for all, regardless of age, strength or flexibility. Those interested in attending a class should contact Susanne on 087 7521783 to enquire about classes taking place in their local area. A full list of participating teachers may be viewed on www.miyyoga.org. Each free class will be one hour long and consist of some standing postures; some seated work and will be followed by a period of relaxation.



Killaloe/Ballina Jan 11

Ballina GAA Club will host a special North Tipperary Board Award Night on Friday, January 17th in the Lakeside Hotel where members of the North Board will be joined by Club members, friends and supporters as well as members from other North Tipp clubs receiving awards. Further details will be given next week.

RINGING IN THE NEW YEAR: Fortunately for the organisers/participants/supporters of the local New Year's Eve festivities, heralding the advent of the 2014 special Brian Ború celebrations, Mother Nature declared a temporary "truce" to allow all the planned events to take place. The traditional ringing of the Cathedral Bells greeted the Torch Bearers prior to the spectacular Fireworks display. Well done to all involved! Details will be given in the coming weeks of the many events planned for 2014.

LOURDES PILGRIMAGE: The annual Cashel & Emly Diocesan Pilgrimage to Lourdes will take place from June 16th to 21st. The inclusive cost is €780. Booking forms are available from Joe Walshe Tours, 143 Lower Baggot Street, Dublin 2 (012410811).

FREE YOGA CLASSES NATIONWIDE: Yoga classes will be offered free of charge in over 60 locations across Ireland on Saturday, January 18th to celebrate National Iyengar Yoga Day. Classes are beginner level and suitable for all, regardless of age, strength or flexibility.

Those interested in attending a class should contact Susanne on 087 7521783 to enquire about classes taking place in their local area. A full list of participating teachers may be viewed on www.miyoga.org. Each free class will be one hour long and consist of some standing postures; some seated work and will be followed by a period of relaxation.

SUCCESS IN CHINA: Last September Birdhill was nominated to represent Ireland at the international LivCom Awards 2013 held at Xiamen, China. During a four-day event in mid November four members of Birdhill Tidy Village Committee, - Denis Floyd, Majella Foley-Friel, Geraldine Floyd and Patrick Bradley – competed against teams from all over the world in making their presentation and received an International Silver Award. Congratulations to all involved! Your village is a credit to you!

BALLINA CLUB'S AGM: Members of Ballina GAA Club are advised to note that the annual general meeting has been rescheduled and will now take place on Friday, January 24th.

LOCAL CHOIR HELPS BUILD HOUSE FOR PHILIPPINE FAMILY: Ballina resident, Priscilla Durack who resides in Shoreside with her husband, John and children Patrick and Lawrence, is deeply grateful to the local community and especially to the Ború Singers for the support she has received following the horrific typhoon in the Philippines in November. Priscilla's youngest sister, thirty-one year old Miriam Lemoncito and her four young children, - Nathaniel (11), Kimberely (8), Clarence (3) and Kelly (9 months) – were still missing nine days after the typhoon struck their island of Tacloban, one of the areas worst hit by the typhoon. Despite lack of information and looking in horror at grim pictures on TV of bodies covered with blankets on the roadside of her native country, Priscilla never gave up hope. With John and the children, she maintained a nine-day candle-lit vigil in her home where she prayed for a positive outcome. The candle burned out on Saturday, November 16th and the following day on their return from Sunday Mass, the Duracks received the miraculous phone call confirming that Miriam and her young children were found alive and well.

Priscilla is a member of the Ború Singers who decided to abandon plans for their annual Christmas dinner party night and donate the proceeds instead to help re-house the Lemoncito family. That house is currently under construction in Iliolio, near Miriam's parents home and the early stages can be viewed on the window of Walsh's Bar on The Green in Killaloe. Miriam's husband Christian, who lost his business in the typhoon, has been forced to travel over 400km to the capital, Manilla, with Priscilla's brother, to try and get some work to send money home to support his family. Knowing that all monies raised were sent directly to Iliolio, support quickly grew for the choir's fundraising project. Walsh's Bar organised a successful 'coin drop off' point, which is ongoing and many, many local individuals: school children/staff in Burgess and Laurel Hill Coláiste: Concert in Wood Brothers, co-ordinated by Nicola Wood and featuring Gúnas, Munster Academy Children's Choir, Clonlara Children's choir, made most generous contributions (all contributions will be personally acknowledged). To date that fund stands at a massive €4,059. Any money left over after the construction of the house will be donated to help repair a Steiner school catering for poor children in Iliolio that was severely damaged.

HEALING RETREAT: Maranatha Prayer Ministry invites you for the Healing Retreat through the Ministry of Fr. Michael O'Shea, Limerick and lay speaker, John Delaney, Portlaoise, enriched with Rosary, Eucharistic adoration, Laying on of hands, Mass, Confession, music by the Maranatha Gospel Choir on Sunday next, 19th January, 2014 from 2.30pm to 7pm at St. Paul's Church, Dooradoyle, Limerick.



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Free classes to mark national Yoga Day

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Tuesday



Chance of
Rain
9°/2°

Wednesday



Chance of
Rain
8°/3°

Free classes to mark national Yoga Day



LOCAL people are being urged to avail of free classes taking place this weekend to mark of National Iyengar Yoga Day.

Altogether some 60 locations across Ireland will host events on Saturday (January 18) to celebrate the occasion, with Castlederg becoming the yoga capital of Tyrone for the day.

Classes are beginner level and suitable for all, regardless of age, strength or flexibility.

Free Iyengar Yoga class will be held at the Derg Valley Leisure Centre on Saturday from 12:30pm and 1.30pm.

The class will be one hour long and consist of some standing postures, some seated work and be followed by a period of relaxation.

Local yoga teacher and long-standing advocate of the benefits of the practise, Frances Campbell says January is the perfect time for newcomers to sample yoga's usefulness.

"There are so many physical and mental benefits to practising yoga and we wanted to provide an opportunity to as many people as possible to experience these benefits for themselves," she explained. "January is the perfect time to get the body active and start the New Year on a healthy note."

Those interested in attending a class in Castlederg should contact Frances Campbell on 07933184513.

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Yoga Rocks

January 13, 2014 //

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Forgive me. I know I've been shockingly lax about blogging but hopefully you'll forgive me and I'll get back into the swing of things.

Anyway it was recently brought to my attention that Saturday is National Iyengar Yoga Day and any excuse to talk about yoga is a good one.

I've dabbled with yoga on and off for a good few years now. I've been taking it more seriously since I developed knee issues. I need to strengthen the muscles around my knees without doing high-impact exercise. Perfect. The only problem I have with yoga is that I can't do it enough. I long to be the person who leaps out of bed and performs sun salutations before stepping into the shower. I can't think of a better way to start my day but I love my bed too much.

I could wax lyrical for hours about why yoga is so good for everyone but I've decided to boil it down to five points.

1. My own, personal reasons.

I spend most of my working day (and plenty of time at home) hunched over a desk staring into a computer screen so anything that creates movement and flexibility in my spine has to be a good thing. Also it's an hour where I categorically am NOT staring at some kind of screen. During a yoga class I somehow block out all other noise and distractions.

2. Everyone can do yoga.

Able bodied people, those with physical disabilities, the elderly, the pregnant and so on. If there's something you can't do any yoga teacher worth their salt will be able to give you an alternative pose. Everyone is different and has different abilities. My 5'10, athletic, size 10 friend can't touch her toes while I can get my hands flat on the floor. At the same time there are other poses I can't complete because my legs aren't long enough. We're all different but there's no competition.

3. It's so good for you.

Honestly, there is a reason it's been practised for thousands of years. There are the obvious benefits of strengthening and lengthening your muscles but yoga does so much more than that. It builds bone density to help ward off fractures and osteoporosis, helps lower blood pressure and provides digestive relief. Even the regulated breathing can help those with asthma.

4. Get what you want out of it

There are plenty of different types of yoga to choose from so you sound easily find something to suit you. I love both Hatha Yoga – gentle, flowing yoga that helps to loosen you up – and Iyengar Yoga which focuses on the posture and getting it right. If you want something a bit more active then try Ashtanga or power yoga which requires constant movement and is quite demanding. To work up a real sweat Bikram yoga is practised in a very heated room.

5. Me time

Although yoga is no longer associated with the brown rice-eating, sandal wearing crowd it is good for the mind body and soul. In variable I come out of a yoga classes feeling an inch taller and that a huge weight has been lifted off my shoulders.

Give It A Try

As anyone can tell you there are yoga classes available just about everywhere these days – a quick Google will show you that. If you fancy a taster session then to celebrate National Iyengar Yoga Day there are free classes all over the place.

Check out the website here for classes around Northern Ireland

If you want to start looking into yoga classes proper the below are two excellent places to go. These are proper yoga teachers who have been practising for years, not just someone who's done a class online.

<http://www.claireferryyoga.net>

and

<http://www.yogabelfast.com>

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