

About Roisi



Roisi started practicing Yoga in 1987 as part of her shiatsu training.

Her interest developed further by studying and training in Yoga and she qualified as a teacher with the Irish Yoga Association in 2000.

In 1999 she was introduced to the viniyoga approach to Yoga as taught to Paul Harvey by his teacher TKV Desikachar and found it inspirational.

Since then she has continued to use the principle of the viniyoga of Yoga within her personal practice and Yoga teaching.

From 2000 to 2004 Roisi trained through the Clonlea Yoga Studio completing a Yoga Introductory Workshop Course in 2001 and a Yoga Foundation Workshop Course in 2003, as well as numerous individual lessons with Hanne Gillespie.

This led her to undertake a professionally accredited four year Practitioner Programme training,

through the Centre for Yoga Studies in the UK with Paul Harvey, between 2005 and 2008 to learn both the teaching and therapeutic application of Yoga for groups and individuals.

From 2009 Roisi is studying in an advanced two year Yoga Further Studies Programme, again through the Centre for Yoga Studies, focusing on Yoga psychology and therapeutic application of Yoga for individuals.

To support her work with Yoga, as well as for her personal development, Roisi is participating in a two year, part time, diploma course from 2008 in Communications and Parent Mentoring, with clinical psychologist Tony Humphreys, as part of the outreach program from University College Cork.

Group class schedule:

Wednesdays at:

Clonlea Yoga Studio
Blackrock, Co Dublin

9.30 - 10.45am

Mixed Level Yoga Class

11.00 - 12.15pm

Beginners Level Yoga Class

6.00 - 7.15pm

Mixed Level Yoga Class

7.30 - 8.45pm

Mixed Level Yoga Class



- The Art of Personal Yoga -

Individual Lessons

with Roisi Phelan

in Blackrock, Co Dublin

Phone: 0127 82616
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Yoga has three aspects

- **Yoga as power**

Yoga as power is the ability, through intense physical and mental effort, to attain a state of concentration.

Here Yoga can be seen as an art and a fascinating and helpful pursuit for many people.

Traditionally these aspects are only means towards another goal.

- **Yoga as self-inquiry**

Yoga can also be used as a tool for understanding more of our deeper patterns by inquiring into and beyond the everyday self.

This can allow our actions or especially re-actions to be less influenced by the more usual patterns and their history.

Yet, we all experience problems, poor health or illness at some time.

- **Yoga as therapy**

Yoga can be used to help us work with the effects of problems and illness in our lives.

Here our potential will be related to the problem and our attitude.

These three aspects of Yoga are mutually supportive in helping to maintain vitality, health and purpose within the commitment and challenges of our relationship with life today.

The teaching approach

Is to make Yoga relevant to our lives.

It offers many tools including body, breath and voice work, food and lifestyle advice, study and meditation.

Yoga can be used in different ways:

- **To explore** the relationship between body, breath and mind.
- **To cultivate** a state of attention that allows space for Awareness.
- **As a therapy** to help our health.

Teaching from this perspective respects the uniqueness of the individual situation and potentials.

Care has been taken to preserve this spirit of Yoga, which emphasises:

- **Adaptation** of all aspects of Yoga to our needs and potential
- **Integrating** movement, breathing, attention and lifestyle, for better physical and mental health.
- **A process** that moves from teaching a Yoga practice adapted to our outer limitations towards one that stretches our inner abilities.
- **The precise use** of the breath as a primary tool to influence a person's mental and physical well being.
- **The value** of the personal relationship between the teacher, the student and their practice.

Individual Tuition and Therapy

Meeting individually can be beneficial with time to discuss your priorities in developing a practice appropriate to your lifestyle and request.

Whether your need is to:

- **Cope** with excessive stress.
- **Reduce** dependency on social and medical drugs and overeating.
- **Prepare** for birth and post-partum.
- **Care** for disorders such as back, digestive, asthma, arthritis, etc.
- **Enhance** energy and productivity.
- **Have** a practice for personal fitness
- **Explore** a meditation practice.

Individual lessons offer the opportunity to discuss your needs and develop a practice tailored to your requests, energy, time available and potentials.

Typically it is around 25 to 50 minutes depending on its role and how much time you will need to make available.

You are guided through the practice, ensuring that it meets your needs and that you are comfortable with its role.

The first longer consultation is €75, **thereafter lessons** will be €60 and **review meetings** €30.

A free preliminary half hour meeting is offered to discuss your requirements.