

The Irish Steiner Kindergarten Association Presents  
By Popular Demand

# A Workshop

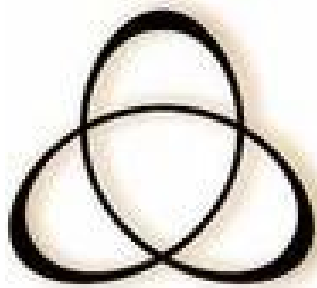
with Helene Roitinger

Eutony Therapist and Musician

Venue - Ballyhall Kindergarten, Callan, Co Kilkenny

on

# Eutony



**Saturday 13<sup>th</sup> June 2009**

**Time - 9.30 for 10am-4pm**

Through Eutony, you can find a new relationship to your body, relieve blocked areas and improve your breathing rhythm, blood circulation and muscle tone.

This work is simple and manifold and suitable for all abilities and bodily constitutions. Through Eutony you can re-balance the tension in your body, developing a free upright posture and posture, and improving your range of mobility. Eutony is relaxing – Rejuvenate yourself! ® Gerda Alexander.

**Cost: €50 (ISKA members €25)** possible to become a member on booking

*Bring some food for a bring and share lunch*

**Bookings-Ulrike tel: 087 1247317**

[www.steinerireland.org](http://www.steinerireland.org)