



Michele Ryan

Yoga Practitioner

I was born in England and after completing my B.A. in languages, moved to Germany where I taught English for several years.

Eventually I got married and gave birth to our first child in 1982. It was during my pregnancy that I discovered the benefits of yoga the practice of which helped to keep me very much in touch with my inner self and my growing baby and to face the birth without fear.

Eventually after keeping up with my yoga practice I trained to be a yoga teacher in the tradition of the Bihar School of Yoga or Satyananda Yoga in Atherny finishing the course in 1995.

This school of yoga is affiliated to an Ashram in India and although adapted by Swami Satyananda to the West retains the original holistic purpose which was (to cut a long story short!) alleviate suffering (fear, anxiety, pain) through the practice of asanas (physical movements) pranayama (work with the breath) meditation (work with the mind) and deep relaxation (yoga nidra) and with the freedom from fear thus gained help people to fill their potential in life

As we direct our attention to the mind and body but also paradoxically away from the mind we get a sense of our connection with all life which gives us again our often forgotten sense of wholeness.

I have been teaching in the Limerick Yoga Centre with other teachers for 24 years. During this time, I have completed in-service training and retreats every year? I have participated in courses on pranayama, the chakras and meditation.

I taught yoga for pregnancy for many years and also taught yoga in Limerick Prison, in schools and organised some yoga holidays abroad.

It is hard to know how to continue teaching during this pandemic. I have been teaching yoga online for a few weeks now and this still suits some of my pupils.

However online cannot replace presence and thus I am delighted to get the opportunity to teach a couple of classes in **The Urban Co-op** whose ethos I am fully in tune with and in fact was initially involved with the team who conceived this project and have great admiration for those who stayed on, persevered and dedicated so much time and effort voluntarily for years to make the vision a reality.

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