

YogaCrossroads Presents Essential Breath 2
March 24, 2012 – 1 - 4 p.m. \$35



Our Breath: one of things we count on yet tend to sometimes take for granted. In yogic tradition, the breath is linked to prana, the vital energy of life. Conscious breathing is also an essential part of your yoga practice.

This workshop begins where the January Essential Breath 1 workshop ended. We recommend participants in Essential Breath 2 have a good understanding of their breath, how the breath moves in the body, and how it can become restricted. In this workshop we explore the breath more deeply through the practice of pranayama, learning and practicing additional ways in which to control and manage the breath.

Registration is now available online; registration fees are non-refundable. At the discretion of YogaCrossroads, a credit may be issued toward a future workshop if registration is cancelled at least 72 hours in advance of workshop start.

Dates/times of workshops are subject to change.
Space in this workshop is limited to six people.

