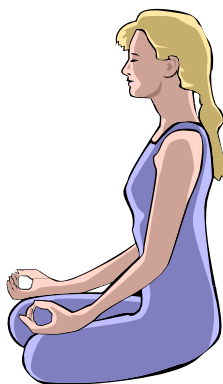


YogaCrossroads Presents Essential Pranayama
April 6, 2013 – 1 - 4 p.m. \$35



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. Our breath is a powerful tool for living, working, playing, relaxing, remaining healthy – a tool that is often underutilized.

In this workshop we will explore the breath more deeply through the practice of pranayama – breath discipline. Conscious breathing is an essential part of your yoga practice; learning a basic pranayama for your practice can vivify and energize it. We will also learn pranayama that can increase our energy, relax us; relieve tension or anxiety; bring to balance our regular breathing patterns.

Registration is now available online. Pre-registration needed as spaces are limited. If you register and are unable to attend, credit toward a future workshop may be available if registration is cancelled at least 72 hours in advance.

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

