

PRANAYAMA STUDY

Weekly for six weeks

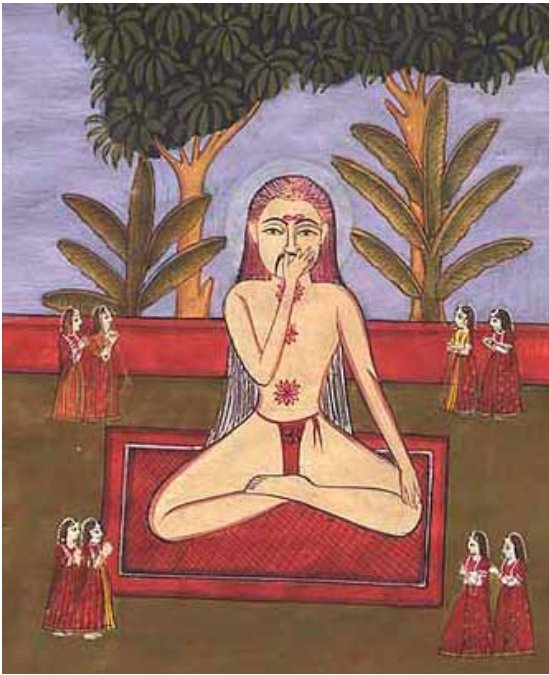
Fridays and/or Saturdays, 1 – 2:30pm

April 5 – May 11, 2019



April brings a Breath of Fresh Air

Join Kathleen Wright for a 6-week pranayama course



This course is designed to introduce, encourage and help you refine your practice of pranayama.

Pranayama is a Sanskrit term for the 4th limb of the 8-limbed system of yoga

Pranayama “unites the more obvious physical activity of doing yoga postures with the exploration of subtle internal body mind phenomena.”

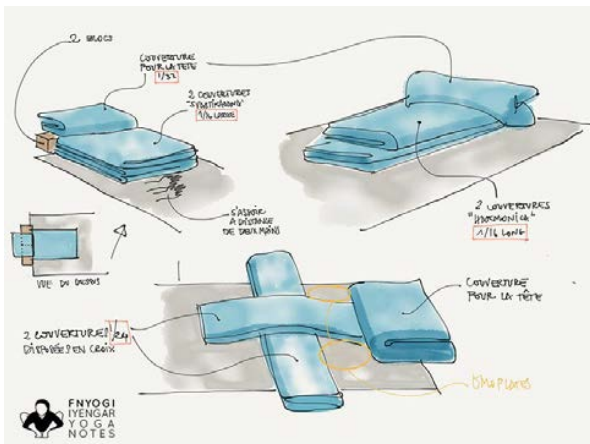
- BKS Iyengar

“Prana is not just the breath, but the energy. And breathing is the process by which you apply that energy to find out how deep that energy penetrates and percolates.”

- Geeta Iyengar

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140 North La Grange Road, Suite 17
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6-week course: \$225

Early bird (paid by March 15): \$200

IYNAUS convention attendee discount: \$175

Same course content Friday and Saturday – attend either or both at no extra charge

No drop-ins

