

MONTHLY ASANA WORKSHOP - DECEMBER 2009

PRANAYAMA & MEDITATION

"Breath is the intelligence of the body." Desikachar

Special Session: Pranayama comprises of a number of breathing exercises which are used for many purposes including calming the mind, lowering or raising blood pressure and temperature, developing lung strength and cardio fitness as well as in treating various conditions. Pranayama is also a major aid in developing a meditation practice. The meditation that Kate practices is non-spiritual/religious. It is purely a discipline of the brain encouraging the mind to focus on one single object, which ultimately results in perfect calm.

Alas, Kate can't claim to have found Nirvana or has she even seen a signpost for Enlightenment, but if creating a retreat in your mind and body is what you are looking for, do come along to find out more. During this workshop we will be learning a number of the main breathing exercises and combining these with a few meditation techniques. Suitable for beginners to Pranayama and meditation. This will not be a physical yoga class but please still dress in very comfortable clothing.

Venue: Laguna Park
Cost: \$25 (or a stamp and \$8)
Time: 10am to 12pm
Date: 20th December

Limited to
12 students



"Yoga is the ability to direct the mind exclusively towards an object and to sustain that direction without any distraction."
Patanjali




"Meditation is a way of clearing away the mental clutter that surrounds the subconscious. When our minds are clear, we can see and experience the joy of our own soul."
Gurmukh

**Coming
up in the January
workshop:**

Inversions

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YOGA FOR NORMAL PEOPLE

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