

# Pranayama In Practice The Ancient Science of Breath: Anuloma & Viloma Krama Pranayama

with Certified Yoga Therapist  
Tracy Flynn (C-IAYT)



**Friday, May 17**  
**7:30PM – 9:00PM**  
**\$35 per person**  
**(\$40 door)**

Pranayama means long breathing. It is the ancient science of breath from the Yoga tradition and is used to improve health and wellbeing, calm turbulent mental and emotional states and delve into deeper connection with ourselves and the field of our spiritual support. It is the bridge between Yoga postures and Meditation.

In this workshop we will explore two pranayama practices: segmented inhalations and segmented exhalations. Segmented inhalations help us feel more vibrant and energized, while also improving our posture in the upper body. Segmented exhalations help us feel more calm and grounded, while also promoting stability in the abdomen and lower back. We will practice some Yoga postures to prepare us for these seated practices. Bring your Yoga mat and chairs and cushions will be provided.

**Yoga Instructors: Earn Yoga Alliance Continuing Education Credits by attending this workshop.**

Pre-register:

<https://www.updogyoga.com/workshops/rochester-workshops>

*Tracy has been practicing Yoga (which includes asana, pranayama and meditation) for over 30 years. She holds the highest certifications as a Yoga instructor and internationally certified yoga therapist (ERYT 500, C-IAYT). She provides individual Yoga Therapy sessions at UpDog Yoga, where she helps people improve wellness by reducing structural imbalances, balancing moods and managing chronic illnesses.*



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