

Pranayama In Practice The Ancient Science of Breath: Ratio

with Certified Yoga Therapist
Tracy Flynn (C-IAYT)



Friday, January 26
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 the four parts of the breath and how they affect our physiology and moods. During practice we will lengthen each of these parts of the breath systematically to feel the effects, both by practicing dynamic asanas (postures) and seated pranayama. In addition we will learn and practice the ujjayi technique. 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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