

The Power Of Breath

Learning The Art & Science Of Pranayama



Presented by:
Certified Yoga Therapist
Tracy Flynn (C-IAYT)

4-Week Series On
Wednesdays:
**October 16 –
November 6**
1:30PM – 2:45PM

\$120 per person (includes all 4 weeks, pre-registration required)
Or \$35 per person single class drop-in

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.

Classes meet weekly on Wednesdays 1:30-2:45PM for 4 weeks: 10/16, 10/23, 10/30, 11/6. All classes include simple movements suitable for all. Bring your Yoga mat. Additional seating and props will be provided for use.

Week 1: An overview of techniques and practices – and trying them out

Weeks 2-4: Delving deeper into one approach within the context of an integrated practice (with yoga postures) to unlock the power of these techniques

- **Week 2:** The four parts of the breath and how it effects our physiology and moods
- **Week 3:** Alternate nostril techniques to help the breath become more subtle and promote mental, energetic and emotional balance
- **Week 4:** Segmented inhalations to help us feel more vibrant and energized, and improving posture in the upper body, and segmented exhalations to help us feel more calm and grounded, while also promoting stability in the lower body



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 (postures, 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, where she helps people improve wellness by reducing structural imbalances, balancing moods and managing chronic illnesses.



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