

# Pranayama Master Class: The Ancient Science of Breath

with Certified Yoga Therapist  
Tracy Flynn (C-IAYT)



Friday, March 31  
7:30PM – 9:00PM  
\$30 per person  
(\$35 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 ratio (how long the parts of the breath are) and several pranayama techniques. We will also touch on the art of application – why one ratio over another, and what the techniques are used for. While we will be seated most of the time, we will periodically practice easy Yoga postures to keep the body comfortable. Chairs and cushions will be provided.

Pre-register:

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

*Tracy has been practicing Yoga (which includes 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 Yoga, where she helps people improve wellness by reducing structural imbalances, balancing moods and managing chronic illnesses.*



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