

# Refining Breathing Technique Asana Workshop

*Presented by: Navtej Johar*



**Saturday, July 21**

**1:00PM – 6:00PM**

**\$99 per person (\$120 at the door)**

Breath is integral to Yoga practice, in fact, the breath and the mind mirror each other; therefore, refining breath is a primary means of refining mind. Soundly backed by the philosophies of Patanjali, Tantra and Hatha traditions, Navtej offers a mix of theory, imagery, and practice that makes for a Yoga that is insightful, self-reflective and empowering. He sensitively applies a variety of techniques and tools to subtly align the energies of the body, heighten body consciousness, and offer a deeply centering and calming experience.

This 5-hour workshop will be divided into first preparing the body through a routine of asana with pranayama to facilitate the unblocking of the breath-channels, and then immersing the body in a state of deep, carefree- sukha, or repose, through a somatic practice.

It is then, within the twice-calmed body that the breath is re-observed through guided breath meditations, and retrained with the help of various techniques to make it's flow long, fine, and malleable. The aim being the creation of fine counter-patterns of breathing that would in-turn influence the patterns of thinking and being.

***Navtej Johar** is a Master Yoga Teacher in the **Krishnamacharya** tradition of Yoga. A senior disciple of **TKV Desikachar**, he has been teaching and lecturing on Yoga, plus practicing yoga-therapy since the mid 80's. Breath is integral to his method of asana practice.*



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



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