

Pranayama In Practice: The Ancient Science of Breath

with Certified Yoga Therapist
Tracy Flynn (C-IAYT)



Friday, August 18
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 three pranayama techniques: Ujjayi, Viloma Ujjayi, and Anuloma Ujjayi. These techniques help the breath become longer and more subtle and promote mental, energetic, and emotional balance. We will also practice dynamic asanas (postures) to support the seated pranayama practices, spending about half the time in each. 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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