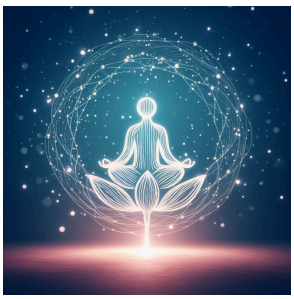
Yoga Workshop

Pranayama: The Yogic Method to Unlock Inner Calm and Vitality Through Breath



Pranayama is a yogic process of regulating or controlling "prana" or vital energies. Working with one's breath offers powerful and effective ways to regulate prana that can detoxify, rejuvenate, energize, or relax the body while bringing calm and focus to the mind. In this workshop, participants will learn about the philosophy and benefits of pranayama, ways to regulate and conserve prana and several classical pranayama techniques that can be integrated with asana or meditation practices. The workshop will also include a complete 'yoga session' on the mat (or chair if you prefer) including gentle yoga postures, deep relaxation, pranayama, and a brief meditation. No previous yoga experience is necessary.

Day/Dates: Saturday, October 12, 2024
Venue/Time: Online via Zoom, **10 am to noon** Pacific Time
Cost: $30
Payment Methods: Venmo is preferred.
For Venmo Payment: @Saroja-Subrahmanyan; last for mobile digits ***.***.1370
For other forms of payments such as Zelle, PayPal or e-check, please consult with me first.

Registration: Please email me @ calmmmind108@gmail.com indicating your interest. I'll send you an *Agreement of Release and Waiver of Liability* which you need to sign and email me and also make sure your payment is processed. Registration will close by the end of Thursday, October 10th. The zoom link will be sent to all who successfully registered 12 hours before the start of the workshop.

Bio

Saroja Subrahmanyan, e-RYT-500, has studied and practiced yoga for several decades. Her early yoga studies were in India followed by extensive teacher training in the Integral Yoga tradition since 1994 (Basic, Intermediate, Stress Management, Accessible Yoga Teacher Training, Laughing Yoga, Raja Yoga, Meditation). She also received training in other areas such as Therapeutic yoga, Laughter Yoga in the Madan Kataria style, Ayurveda, Reiki, iRest® Level 1 and a 20- hour teacher training course on Yoga vs. Osteoporosis offered by Dr. Loren Fishman. She has taught yoga and stress management courses in a variety of settings and for varied audiences (colleges, gyms, offices, ashram, yoga studios and private classes) in the US, Singapore & India. For the past two decades, she has taught a popular yoga philosophy and practice course at Saint Mary's College of California, where is also a tenured professor in the business school. She loves how yoga practices offer guidance for physical, mental, and spiritual health and can be practiced by anyone.