Pranayama & Meditation

with Maury Cooke & Mary Johnston

Saturday, February 25, at 12:00 PM - 2:00 PM

This is the second of a series of workshops on PRANAYAMA PRACTICE and MINDFUL MEDITATION.

Pranayama Practice incorporates the use of breath for various effects on the body and mind. This practice can be a powerful cleansing and/or transformative tool that anyone can add to their tool box of yoga asanas and meditation. Leaning on the teachings of Vansant Lad,Dilip Sarkar and Sri Sri Ravi Shankar, you can learn how to put together a practice that suits your dosha and enhances your lifestyle.

We are seeing a real interest in "**Mindfulness Meditation**" across our country and the world. I believe we are all looking for the same things: less anxiety, less depression, less anger, less stress and more JOY in our lives. In this workshop we will be working with the first of four foundations of Mindfulness - "Mindfulness of body". What will follow is a way to Practice then JOY. We guarantee this.

Workshop consist of:

- Overview of Mindfulness and Mindfulness of Body, the first of four foundations
- Short meditation
- Longer meditation
- Overview of Pranayama
- Actual pranayama practice

Note: Do not eat a heavy meal before class. Costs: ♥ Recommended donation $20-25 No one will be turned down for lack of funds

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sattvic space