

# *Kapha Workshop*

*with Neve Grace Loehr*



Neve will be teaching a kapha workshop which includes a discussion, pranayama, meditation, and yoga postures. Kapha is associated with the elements of water and earth. In the body kapha is associated to lungs, stomach, sinuses, lymphatic, and adipose tissue. Winter and early spring is the kapha time of year. Come prepared to learn lifestyle habits and discuss and practice techniques to balance kapha dosha/type. You do not need to be a “kapha person” to benefit from this workshop.

If you are a yoga teacher you will receive 2 continuing education credits for attending.

The workshop is \$25. Discounts apply if you pre-register for the event. Contact Neve if you have any questions.

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sattvic space