

The Yoga of Pranayama

Jan 8-10 2010

Yoga Study is not complete without the exploration and experience of Pranayama. The conscious regulation of breath is one of yoga's most powerful tools to purify and discipline body and mind. However, it is also a subtle practice, so one must be cautious and knowledgeable in it's application to fully benefit. Pranayama used the wrong way can create potential for harm.

This workshop will aim to give students or teachers the tools needed to apply the practice safely and will specifically focus on:

The Definition of Pranayama

The different components and techniques

How to plan a practice with pranayama

How to achieve different effects



Fran Ubertini

Director of Yoga For Well-Being in Florida New York is a certified Teacher Trainer with the Krishnamacharya Healing and Yoga Foundation (KHYF) and a certified yoga therapist from the American Viniyoga Institute.

Fran holds classes, seminars and workshops nationwide in addition to her KHYF Teacher Training programs. She continues her study in the tradition of Krishnamacharya with Sonia Nelson of in Santa Fe, New Mexico.

Registration Information

Location

Yoga For Well-Being
2 Industrial Drive
Florida, New York 10921
845-651-9642
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Schedule and Pricing

Friday Jan 8th 6pm to 8pm
Sat Jan 9th 11:00 to 1:30 and 3pm to 6pm
Sunday Jan 10th 9:30 to 12:30 and 2pm to 4pm

\$240 for Whole Weekend

Fri & Sat only \$155

Sunday Only \$105

Contact

Yoga for Well-Being
All major credit cards accepted

Reserve your place as soon as possible as space is limited