

Yoga of Pranayama

with

Fran Ubertini

**Saturday Nov1, 1:00 - 5:00 pm
& Sunday Nov 2, 12:00 - 4:00 pm**

Pranayama is an important tool of yoga. This practice involves the conscious regulation of breath and is revered and respected as one of the most powerful ways to influence the state of mind. Being very subtle and powerful, pranayama needs to be practiced with care and caution, failing it can become more dangerous than useful. This workshop will focus on:

- **The definition of pranayama**
- **The components and techniques of pranayama**
- **How to plan a pranayama practice**
- **How to use pranayama to achieve different effects**

<p>Price for 2 days is \$150 Each day separately is \$85</p>

Pre-registration is required

**Yoga for Well-Being 2 Industrial Drive Florida, New York 10921
845-651-9642**

www.yogaforwellbeing.org

Fran Ubertini (ERYT 500) is Director of Yoga for Well-Being and a KHYF (Krishnamacharya Healing and Yoga Foundation) Teacher Trainer. She is dedicated to the teachings and study of TKV Desikachar and continues her studies with Sonia Nelson of the Vedic Chant Center in New Mexico.

The workshop will be held at the Florida, New York location in Orange County