



September 25–27, 2009 Friday–Sunday

The Power of Owning Your Yoga

Fran Ubertini

Yoga practice and its effects are highly individual and personal. Yoga has the power and potential to extend far beyond the physical realm, especially when its practice is tailored to your unique needs. The combination of asana (postures) with breath, sound, mudra, and meditation can create a deeper relationship to your spiritual core.

This experiential workshop will provide tools to help you transcend the physical realms and connect you more fully to yourself. In this weekend program, you will learn

- To consciously integrate the breath as a way to deepen the effect of asana
- How to influence the mind through pranayama techniques
- The use of chant and gesture (mudras) to enhance the spiritual reflection in your practice.

Discover how all these powerful tools can support your journey toward meditation. As T.K.V. Desikachar says in his book *The Heart of Yoga*, “Yoga serves the individual and does so through inviting transformation rather than by giving information.”



Fran Ubertini, ERYT 500, director of Yoga for Well-Being, is a certified Krishnamacharya Healing & Yoga Foundation teacher trainer. In addition to training teachers, she conducts workshops nationally as well as group and private classes. She continues her studies with Sonia Nelson in Santa Fe, New Mexico. www.yogaforwellbeing.org



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