



Waverley Yoga Studio

## Breathing Workshop

**Saturday 18 February, 2012 | 2 – 5pm**

Pranayama is the ancient science of yogic breath awareness. Learning simple breathing techniques sustains energy, relieves stress and calms the mind.

### You will Learn:

- What happens when we breathe?
- The natural breath
- How NOT to breathe
- Stress and the breath
- Yoga practices to support breathing
- How to integrate breath into your yoga practice
- How breath changes with the thoughts, and how we can use the breath to change the way we are thinking
- Breathing practices for different goals
- Breathing to assist Meditation
- Nostril Cleansing

At the end of this workshop you will have a greater understanding of how the breath can affect the body's energy, emotions and peace of mind. Starting with simple breath awareness, increase your knowledge of breathing exercises to practice at home and learn how to slowly advance in these techniques. Handouts provided.



**Facilitator:** Sally Dawson

**Fee:** \$55 - bookings required

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**Location:** Waverley Yoga Studio  
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