

# Waverley Yoga Studio

## Breathing Workshop

Saturday April 19, 2008, 2 - 4pm

Pranayama is the ancient science of yogic breath control. Pranyama can be translated as 'life energy', 'expansion' or 'control'. Yogis believe the body is full of an energy source called prana that keeps us alive. Therefore it is understood that there is more to sustaining energy for the body than food, drink, vitamins and minerals. Learning simple breathing techniques relieves stress and calms the mind making it more fit for the ultimate path of yoga-to liberation.

Each session begins with relaxation and centring for the mind. Then some simple joint warm ups to release any tension in the neck, chest and shoulders. Sitting positions suitable for pranayama will be explained, including adaptations for students who find sitting unsupported uncomfortable.

### Learn:

- The art of breathing through yoga
- How to integrate the breath into your practice
- How to use breath to manage stress
- The usage of breath in yoga to increase energy
- Increase lung capacity allowing more stamina in exercise and sport
- Meditation techniques focusing on the breath
- Which breathing exercises suit which season
- Introduction to cleaning processes for the nose you can try at home

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

### Our facilitator:

Anna Ellery completed her training with the Australian College of Classical Yoga under the guidance of Sri Jani Baker and Ma Sally Dawson. Since completing her training she has travelled to India, the birthplace of Yoga, twice. Here she has gone to the source to experience the discipline of Yoga. In June 2007 she completed additional training, International Yoga Teacher Training, with Swami Samarpanada of the Bihar School of Yoga. During this trip she also completed a 10 day Vipassana meditation retreat.

Anna is especially interested in the science of Pranayama and the cleansing processes called the Shatkriyas. She teaches hatha yoga as well as prenatal and over fifties yoga.

### Fee

\$25. Bookings required.

### Contact

Sally 9803 8857 / 0439 632 178 or email [sally@waverleyyoga.com.au](mailto:sally@waverleyyoga.com.au)

### Location

Waverley Yoga Studio, 1<sup>st</sup> floor, 10 Hamilton Place, Mt Waverley