

Yoga Space



Mini Series: Pranayama

July 16, 23,30, August 6, 6:00 - 7:30 pm

Mini Series: Pranayama

July 16, 23, 30, August 6

This four-week series is appropriate for beginning and continuing students of pranayama, the yogic art of breathing.

Each class will begin with a series of asanas (postures) designed to establish steadiness and openness in the body, with a quiet but attentive mind. After a short rest in savasana, we will prepare for the practice of pranayama with attention to proper support and alignment. We will explore simple ujjayi and viloma in supine and seated formats, focusing on the subtle details of inhalation, exhalation, and retention of the breath. Other practices may be introduced as the students' abilities progress.

Students should have a minimum of one-year experience in Iyengar yoga and be comfortable with inversions, such as sirsasana (headstand), salamba sarvangasana (shoulderstand), or appropriate alternatives. For more information, please contact the instructor at yogavidya@aol.com

Pre-registration is necessary by July 9, minimum 6.

Mondays, July 16 - August 6

6:00 - 7:30 pm

Victoria McGuffin

\$100

Registration is for the four class series, please plan to attend at the beginning as the class is progressive. No make ups or drop ins.

Fees

Go to www.yogaspacennarbor.com to register

Checks and Cash

You may mail in a check payable to The Yoga Space with your name, address, email, phone and the class name.

Please allow 5 business days for delivery, registrations should arrive by July 9 .

Mini Series: Pranayama \$100

Credit

Or you may register online at

www.yogaspacennarbor.com

\$3.00 convenience fee added for credit cards

The Yoga Space, 180 Little Lake Dr #1, Ann Arbor, MI 48103



Yoga Space

180 Little Lake Dr #1

Ann Arbor, MI 48103

www.yogaspacennarbor.com

734-622-9600