

# Yoga Space



*Focus Class* June 26 6:00 - 7:30 pm

## Pranayama

**Wednesday, June 26**

Clearly Pranayama is the art of inhalation, exhalation and retention. More completely it is a bridge between the outer practices and the inner practices of yoga. The outer practice of asana makes the body strong, supple and aware. The inner practices, beginning with Pranayama, draw the mind inward and require that the intelligence surrender to the heart. This class will focus on beginning a Pranayama practice: how to prepare the self for practice and several initial practices. 6 months Iyengar practice required.

### Fees

Go to [www.yogaspacennarbor.com](http://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 June 20..

Pranayama Focus Class: \$30

#### Credit

Or you may register online at [www.yogaspacennarbor.com](http://www.yogaspacennarbor.com)

\$3.00 convenience fee added for credit cards

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

Register online:

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Pre-registration is necessary by June 20 minimum 6.

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Sue Salaniuk

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734-622-9600