

What the Pranayama?

Explorations of Breath with Kyle Roberts.



PLACE: Red Root Yoga 5415 San Jose Blvd. Suite B

TIME: May 12, 2012 Kyle will teach the 8am-9:15am class and
workshop is 9:30am-11:30am

PRICE: \$35 PLEASE CALL TO RESERVE A SPOT 208.8881.

Pranayama is the art of breathing. It can be useful and effective to any practicing or inspiring yogi. This workshop will be an introduction to several basic breathing techniques/practices as taught at the Ayurvedic Institute in Albuquerque, New Mexico. Additional pranayamas will also be covered that can be combined to a form of personal practice according to your present state of health or imbalance. For more information contact Kyle at: kbrightroberts@gmail.com. Please bring a hand towel or handkerchief, loose clothing, and arrive on an empty or semi empty stomach. If sitting on the floor is uncomfortable, feel free to bring a cushion or small chair. Any questions, call 208-8881.

