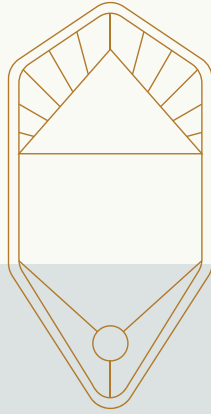


SHANKARA DARBY



Introduction to Pranayama

The practice of pranayama is the gateway to the realm of inner yogic experiences. Whether you have much experience, are new to yoga, or have a history and experience with working energetically this workshop will be of great benefit, learning invaluable skills to connect to and create positive shifts in the interwoven Inner Dimensions, and gain experiential motivation to create a lasting desire for inner wellness.

Shankara is born to a family of Yogis in India, has since maintained a ceaseless quest for personal expansion, trains teachers in the Ashtanga method, his workshops carry depth, adaptability, and are a transformative force.

What we will cover over the weekend:

- Learning to work towards steady and comfortable posture.
- The basics of Pranayama methodology.
- Learning to proceed safely, at different levels of intensity, and finding our boundaries.
- Using basic knowledge of energetic pathways to set intentions and return to a natural flow through regular practice.
- Taking the time to get in touch with the subtlety of the energetic process.
- The practice of Pranayama as a part of daily life and how we can work in accordance with yogic tradition.
- We are not all ready to devote hours each day to this divine practice, but integrating even a little parcel into our daily routine can go a long way.

December 1-2 2018
8:00-4:00

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