



Breathing and Being

an exploration of
pranayama and meditation

A 3-class series held Sundays, May 18, June 1, & June 15
9:15 -10:15 am, Pacific Cultural Center, 1301 Seabright Ave

Take this opportunity to learn the fourth limb of Classical Ashtanga Yoga, Pranayama. Controlling the breath in particular ways releases subtle energy within the body, promoting vitality and calming the mind. A profound practice, Pranayama develops awareness and inner strength. Following Pranayama, we will practice the seventh limb, Meditation, the art of focusing the mind inward in contemplation.



\$25 for the series, \$10 drop in
To register, call or write Delana at
831-332-1509 ~ delana@servingpeace.com
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