



Vinyasa of the Breath Workshop

1 day course at Yoga Hub

Sunday 30th January 2022

Yoga can if practiced skillfully help us lead a life well lived. If we practice correctly, Yoga should take us to a state of **quietness, contentment and embodiment**.

The “father of Yoga” Patanjali talks of the central role of the breath in unlocking the treasures of Yoga practice such as **deep inner peace and contentment**. The most important element of our Yogic breathing is that it should “**slow and subtle**” (PYS 50.2) – but how do we get there?

During this workshop we will learn a number of pranayama techniques that we will apply to our asana and meditation which will **REVOLUTIONISE** our practice - be it a strong workout or a gentle practice. **This workshop will change the way you practice!**

This 1 day workshop led by Senior Yoga Teacher, Mike Cragg and consists of a little theory and a lot of practice.

Cost £55 (promotions available)

To book or for more details-

mike.cragg@yoga-liverpool.co.uk

www.yoga-liverpool.co.uk