



## Experience the Energetic Effects of the Breath

Saturday, September 21 1-3 pm

**Workshop is for all levels. Beginners are encouraged!**

Explore the invigorating, calming and restorative effects of practicing mindful breathing. Benefits of breathing practices include stress management, relaxation, and focus. This is an experiential workshop. Breath and movement will be used as preparation for seated breathing practices utilizing various breath patterns. Discussion will include: Definition of conscious breathing and the relationship between techniques and effects. What is pranayama? From chapter 2 of the Yoga Sutras. Engage the breath to explore langhana(relaxing), brahmana (invigorating) and samana(focusing) practices.

Change your breath, change your life.



**Vicki Wilson** teaches stress management, relaxation, increased strength and flexibility through the use of movement, breath, sound and meditation. She is KHYF Certified Yoga Teacher and registered with YA at the 500 hr level.

[www.vickiyoga.net](http://www.vickiyoga.net)

This workshop may qualify for Yoga Alliance CEUs.

REGISTER AT [WWW.BODYSATTVACENTER.COM](http://WWW.BODYSATTVACENTER.COM)

**Cost: \$25 prepaid \$ 30 at the door**

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