



Presents

Yoga beyond the physical poses
½ day Yoga Basics Workshops

July 24th part I /Aug 7th

- 2.00 pm to 3.00 pm Gentle and beginner yoga practice
- 3.00 pm to 3.15 pm Pranayaam and relaxation
- 3.30 pm to 4.30 pm YOGA (History, philosophy, culture, yoga types traditional yoga sense)
- 4.30 pm to 5.30 pm Yoga relaxation-Yoga Games for mind/body

July 31st Part II /Aug 14th

- 2.00 pm to 3.00 pm Mind/Body cleansing. Learn to remove toxins by simple exercises.
- 3.00 pm to 4.00 pm As the food, so the mind, as the mind, so the person types of foods, (Effects of food, drinks on human body/mind at all 5 levels.
- 4.00 pm to 5.00 pm Pranayaam. Do's and don'ts.Learn and practice New techniques
- 5.00 pm to 5.30 pm wrap up with chanting/shlokas at the end during relaxation practice

Bring a Yoga mat, a light cover up and a pillow for Relaxation.

Workshop Pricing: \$60.00 each workshop per person
Part I needs to be completed before attending part II