

# Sri Sri YOGA

ASANAS - PRANAYAMAS - MEDITATION



Stretch to Happiness

## Benefits:

- Energize and integrate your mind, body and spirit
- Improve self-awareness, health and flexibility
- Get stronger and grounded with yoga's poses, breath-work & insights

**Strength & Poise: Yoga Poses (Asanas)** Strengthen and tone muscles, while burning fat and reducing cholesterol. Yoga poses are also great to maintain flexibility & range of motion.

**Deep Rest: Meditation and Relaxation** - Discover Yoga Nidra, an amazing form of conscious relaxation that calms the body and relaxes the mind for deep meditation.

**Energy: Yogic breathing (Pranayama)** - Tune into your breath with advanced breath-work. These practices energize mind and body so that you feel more fresh throughout the day.

**Insight: Wisdom from Yoga** - Explore some of the fascinating insights yoga has to offer into the nature of mind and body and how to live a relaxed, fulfilling life.

**Jan 24-27 2019**

Weekdays 6:00pm - 8:30pm

Weekend 9:30am - 12:00pm



Fee: \$ 150  
Repeater \$ 100

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