

## Pranayama 4 week course



June 3<sup>rd</sup> – 24<sup>th</sup>

With Jody

Saturdays 8.30-8.50am

**Pranayama is the 4th limb of Yoga**, asana (the physical practice) being the 3rd. Prana is our vital life force/energy, yama means control/restraint. Pranayama is as much a part of Yoga as Asana - indeed much of the reason for Asana is to prepare our body to be strong and flexible enough to sit comfortably for Pranayama and Meditation. You may well find that practicing Asana allows you to go deeper inside, Pranayama will take you even further.

It would be ideal if you can attend the whole course, though if you are unable to, you welcome to come to attend individual sessions.

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A bit about me: I am one of the co-founders, and current director of Yoga Akasha and have been teaching since 1999. I enjoy training regularly with my teachers in India, including October – December 2016 on an intensive Yoga Therapy Teachers Training Course. I love teaching all abilities, from complete beginners to those with many years' practice. I appreciate the peace, balance and contentment that Yoga brings, helping us cope with life's many challenges. I regularly teach on Yoga holidays, enjoying the benefits students gain by practicing every day whilst away from day to day activities. I am also trained in Aromatherapy, Sports, Swedish, Thai and Baby Massage. I have 3 children and 5 grandchildren, who remain my greatest teachers!

Dates: June 3<sup>rd</sup> - 24<sup>th</sup>

Time: 8.30-8.50am

Cost: £20 for 4 weeks or £6 drop in

To book or for more information

please email [Jody@YogaAkasha.co.uk](mailto:Jody@YogaAkasha.co.uk)



Yoga Akasha

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