

Pranayama classes with Jody



Saturdays 8.30-8.55am

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 asanas are 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 is ideal if you can commit weekly and this becoming a regular class for you, however if this is not possible, it is fine to attend as and when you can.



Time: Saturday 8.30-8.55am

Cost: £20/25 for the month or £6 drop in

To book or for more information please email Jody@YogaAkasha.co.uk

Yoga Akasha

1st floor, The Old Mill, 45 London Road,
East Grinstead, West Sussex, RH19 1AW
www.yogaakasha.co.uk

