

## Pranayama 3 week course with Jody



**Saturdays 8.30-8.55am September 2<sup>nd</sup> - 16<sup>th</sup>**

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 to attending all the sessions and this becoming a regular class for you, however if this is not possible, it is fine to attend as and when you can.



Date: September 2<sup>nd</sup> - 16<sup>th</sup>

Time: Saturday 8.30-8.55am

Cost: £15 or £6 drop in

To book or for more information please email [Jody@YogaAkasha.co.uk](mailto:Jody@YogaAkasha.co.uk)

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