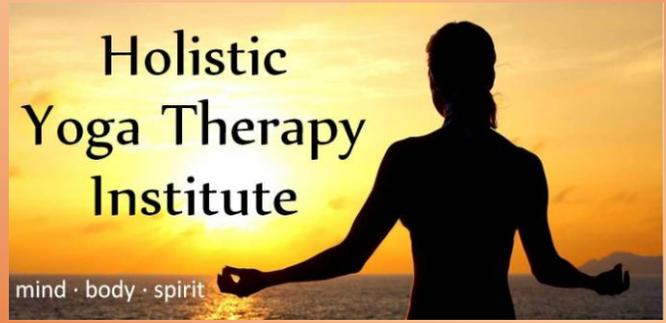




Pranayama & Meditation Immersion



With Hollace Stephenson,
E-RYT 500, ParaYoga Certified

Pranayama & Meditation

City: Raleigh, NC

Dates: Friday January 24 -
Sunday January 26

Times: 6 pm - 9 pm Friday
9 am -6 pm Sat & Sun

Cost: \$299 thru Jan 15
\$325 after Jan 15

Where: Vault Yoga
234 Fayetteville St
Raleigh, NC

Info: www.yogaclub.us
(Under Teacher Training)

22 Hrs YA CEC's or towards your 200 HR, 500 HR, or Therapeutic Yoga Teaching Certifications, member IAYT

Holistic Yoga Therapy Institute
200 HR / 500 HR, Yoga Alliance RYS
Yoga Therapy, member school IAYT

Within this immersion we will:

- * In-depth Study of the Anatomy of Breath
- * Explore Prana, the vital life force or energy needed by both our physical & subtle bodies.
- * Explore Ayama or the art of regulating or lengthen this vital energy
- * Explore the research behind the benefits of pranayama and meditation
- * Learn Practical Application of Calming, Energizing, and Balancing Pranayama Techniques
- * Explore meditation techniques