



Enriching Your Practice Yoga Breathing and Meditation

Saturday October 30, 2010 1:00 – 3:00pm \$30

Patricia Gray and Sami Aaron bring an inspiring workshop to yoga students who wish to delve deeper into the heart of their yogic journey.



This workshop is for anyone, even those who have never practiced yoga before. Immerse yourself in meditation and pranayama (yoga breathing) techniques to enhance your journey to inner peace. Sami and Patricia explain how breath, mantra, a steady gaze, and sound can be used to invite a quiet mind and nervous system.

Developing a steady breathing and meditation practice naturally calms daily anxieties.

When we are more present in the moment we are less reactive and more available to others.

Dress comfortably for floor or chair sitting, have an early & light lunch, and feel free to contact us in advance if you have questions or concerns.

For more information, visit us at BeingontoSomething.org.

“The purpose of meditation, breathing practice, and yoga postures is to wake up the mind and body and then allow them to rest in stillness. When the mind is settled and the body grounded and intelligent, we can see life clearly and more simply.”

Michael Stone, Yoga for a World Out of Balance

Darling Yoga: 11711 College Blvd, Overland Park, KS 66211 | 913.498.1144 | darlingyoga.com | info@darlingyoga.com

Yoga Breathing and Meditation Registration Form:

Saturday October 30th 1:00-3:00pm

Name Phone # Email

Address City State Zip Code

Cash/Check / Major Credit Cards Accepted (Visa/MC/Discover/AMEX) #: _____ Exp Date _____