



SHAKTI YOGA

WORKSHOP OUTLINE

Asana - Integration of movement, breath, visualisation, mantra & chakras.

Pranayama – breathing techniques to explore and expand the dimension of energy.

Mudras and Bandhas to balance and concentrate energy.

Relaxation to release tensions and deepen inner focus.

Practices to concentration to improve mental focus and awaken spiritual potential.

Theory and discussion to support practices.

Workbook provided for reflection and practice notes.

PRE- REGISTRATION - CONTACT THE TEACHER: pragyadhara@gmail.com
PLACES LIMITED

YOGA PRACTICES AND PRINCIPLES TO ENHANCE DAILY LIVING



Develop an understanding of what classical INTEGRAL YOGA is. Explore a range of techniques such as mantra, asana, pranayama, mudras, bandhas, genuine relaxation and practices to concentration and inner clarity.

This workshop will leave you feeling empowered and supported in your personal effort to seek life-balance through a simple, systematic approach. It will provide you with practical yogic tools that are easily incorporated into daily life.

Private Sessions available - After the workshop & Sunday 08th February. A unique opportunity to receive practice guidance and personalized online support to keep you inspired and to bring yoga into your life in a way that works for you.

DATE: SAT 07th February

COST: \$65.00. DEPOSIT REQ..

TIME 11 - 4PM

VENUE: TAURANGA YOGA CENTRE, 173 ELIZABETH ST, WEST, TAURANGA

About the teacher:

Sannyasi Pragyadhara is an experienced practitioner and teacher of classical yoga.

Qualifications: Masters in Yoga Psychology, 2005 at the Bihar School of Yoga, India.

Pragyadhara taught the art and science of yoga to aspiring teachers in Australia and has run programs in China, India and regularly in New Zealand.

She recently returned to New Zealand from an extended stay in India and looks forward to bringing to life the authentic teachings she imbibed to all sincere and committed people of yoga.

