

Pranayama

Key Principles of Asana & Philosophy

With Paul Dallaghan

Pranayama is a fine science and a subtle art which requires time and a dedicated practice in order to be truly understood. This program is a great way to begin a pranayama practice or to learn and refine an ongoing practice.



For beginners: You will learn the basics

More experienced: You will be given personal attention to refine your practice

All students will learn and practice the techniques as well as the philosophy of pranayama as a path to meditation.

In this workshop we will focus on the correct method and practice of techniques such as uddiyana, agni sara and kapalabhati, a number of preparatory practices that address the level of tension built up in the abdomen and throat/jaw region, plus some of the classical pranayama techniques.

We will also explore the key principles of asana to build your practice and develop your posture to grow in sitting and pranayama practice. Active discussion sessions with Paul on both the practices and philosophy are also part of the workshop. Any questions you have are welcome.

The sessions will be progressive so it is recommended to take the full program. Open to all levels of students.

When: 9th & 10th December 2011

Where: Verita Advanced Wellness,
308 Tanglin Road, Phoenix Park Singapore 247974

Time: 9th Dec 6pm- 9pm, 10th Dec 8am-12:30pm, 2pm- 5pm

Investment:

All 3 sessions: \$195 +GST Early bird price* by 1st Dec
\$275 +GST Regular price

Individual sessions: \$70 + GST Early bird price* by 1st Dec
\$95 + GST Regular price

Please contact us at info@veritaadvancedwellness.com or call us at 6737 2377 to reserve as space is limited.

*For the EARLY BIRD price, full payment is required by the early bird deadline (1st Dec). S\$40 cancellation fee for any cancellation within 1 week of commencement of event



