

[www.wellspringYOGAnm.com](http://www.wellspringYOGAnm.com)

# **YOGA, BREATH AND PRANAYAMA**

**WITH PATSY GAETANO**

**Sundays 8:45-10:15am**  
**March 7 – April 11, 2010 6 weeks**

**COST: \$90 for the series or \$18 drop-in**

The breath is an amazing tool to facilitate wellness on all levels of our being: physical, mental, emotional and spiritual. Or, as Ralph Waldo Emerson put it, “the breath is a cordial of incredible virtue”. The breath is our constant companion. In this series of classes, we will explore a myriad of ways to enhance our relationship with this companion. We’ll open and prepare the body and mind with a short series of gentle yoga poses. We’ll then proceed to supported reclining restorative poses and work with both Breath Awareness and then yogic Pranayama.

Pranayama is one of the most beneficial practices of Yoga. This practice works with the breath in somewhat exaggerated depth and rhythms, in the hopes that when we return to our normal breath, it will naturally be deeper, slower and smoother. These qualities of the breath help to lower blood pressure, reduce heart rate and take us to a level of the nervous system that induces calm and steadiness. Pranayama is a time-tested method for building Prana, the life force of our bodies. We will touch on the use of the Bandhas (energetic locks) that help us to retain this energy. Seated Pranayama will be introduced.

Experience with Yoga is helpful but not necessary, if there are no serious physical limitations. Pranayama will greatly enhance our health, vitality, general enjoyment of life and any form of Yoga we might practice. Please plan to come with a fairly empty stomach and wear loose comfortable clothing.

**To register** for the class series please email:  
[wellspringYOGAnm@earthlink.net](mailto:wellspringYOGAnm@earthlink.net)

**body.soul.community.**

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