

BREATHE, MOVE, CONNECT

The Practice and Teaching of Pranayama
The Breath of life and yoga

April 4 & 5, 2020 - Jayandra Hanley

Open for Anusara yoga students and all
yoga teachers

Eerlybird: € 175,- Full rate € 190,-

300-Hour Anusara Teacher Traing module



All weekend, we will alternate the practices of asana with the most popular pranayama practices, and in between, discuss the benefits of the yoga breath practices and how to practice and teach them. We'll also focus on the philosophy and attitude that support our practice, and the role of breath in meditation.



Location - Achterdijk 78, 3985 LB, Werkhoven, NL

Host - Ragen | +31624670011 | adem@diviamragen.nl | diviamragen.nl

Teacher - Jayendra | jay@jayendranhanley.com | jayendranhanley.com

Regional info: anusarayoga-benelux.com