

Explore the Power of Breath

With Casey Gerdes, CSYT, ERYT-500

Breath keeps us alive, yet so many of us breathe shallowly or hold our breath, diminishing health and life force. For centuries, yoga has taught breathing techniques to improve health, balance the immune system and quiet the mind. Casey Gerdes, Senior *Svaroopa*® yoga teacher, will help you explore the power of your breath. Through guided breathing practice, partner work and discussion, you'll leave this workshop with a greater understanding of the use and benefits of Yogic Breathing in your daily life, and how yoga poses can improve your respiration. Beneficial for all levels and physical conditions.

No yoga experience is necessary.

Beginners are welcome!

For more about Casey, visit www.YogaWithCasey.com

We regret this workshop is not appropriate if you have had an organ transplant.



Friday, March 26, 2010

Wild Mountain Yoga Center

5:45 P.M. - 9:00 P.M.

\$60 / \$50 if paid by March 12

*\$10 discount for students attending
Bliss Weekend March 27-28*

Information and Registration:

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