

Kashi School
of
Yoga



ALL ABOUT BREATHING AND BEING AWARE

with

Babaji Spina

April 13, 2008, 12-3 pm

Cost \$40

3 KEY TOOLS

1. Observe your breathing
2. Let the breath lead while moving or stretching
3. Breath deeper, longer and stronger

What to bring -

Yoga mat or large towel

Learn to breathe longer, stronger and more deeply to enhance your quality of life. The deeper the breath, the more open the body is to healing. As the breath deepens, a stronger sense of well-being, peace and happiness are available. The heart, body and mind become balanced – you will feel refreshed, re-energized and rejuvenated. Then you can access calmness, compassion and strength from within.

This simple program is designed for anyone who needs and wants to breathe better – it can be done by anyone, whether sitting in a chair or on a mat, standing up or lying down.

- Increases oxygen coming into, and carbon dioxide leaving the body
- Improve circulation and metabolism
- Reduce stress, exhaustion, unhappiness, anxiety, pain & suffering
- Allow yourself to let go, relax deeply and completely rest
- Balance the heart, body and mind
- Become refreshed, re-energized and rejuvenated
- Access the calm, compassion and strength waiting inside you.

**FOR REGISTRATION CALL
772.589.1403 x 112**

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Call 772-589-1403. Visit kashi.org. Shop at mas-india.com