

**Kashi School
of
Yoga**



BREATHING TO LOSE WEIGHT

With Babaji Spina

Sunday, April 18

1 - 4 pm, \$35



Oxygen is the fuel that converts digested food into the energy that runs the body. If, "how you breathe" isn't delivering enough oxygen to process all of the food consumed, then, the excess is stored as fat, and less energy is produced!

WHAT needs to happen:

- Increase the intake of oxygen, regularly
- Stimulate metabolism to boost and sustain energy
- Burn excess fat throughout the day
- Reset the body's chemistry to maintain a healthy weight

HOW to make it happen:

- Retrain your breathing -- deeper, longer, and stronger
- Learn simple-to-use Aerobic Breathing Techniques
- Move and stretch leading with the breath
- Clear and calm the mind, body and heart to relax and rest deeply
- Practice breathing better each and every day and see what happens!
- We'll sit in chairs & stand, then lie down briefly & completely let go

**FOR REGISTRATION CALL
772.589.1403 x 112**

**Wear
comfortable
clothing, and
bring water
to sip**

**1155 Roseland Road, Sebastian, FL 32958
Call 772-589-1403. Visit kashi.org. Shop at mas-india.com**