

Kashi School  
of  
Yoga



# DANCING WITH THE BREATH

with

**Babaji Spina**

**March 8, 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

How you are feeling and doing is reflected in, and directly related to how you are breathing!

**WHAT IF** you could get relief from stress, fatigue, anxiety, unhappiness ... anything that causes suffering - **AND** at the same time, get refreshed, replenished, and re-energized by simply working with your breathing?

- (A)erobic Breathing - deeper, longer and stronger
- (B)alancing Movement and the Rhythms of the body
- (C)learing and Calming the mind and emotions
- (D)eep Release and Relaxation

This all can be done while sitting in a chair and/or standing and, towards the end, lying comfortably on a yoga mat or large towel.

Come see and experience what breathing better does for you.

**FOR REGISTRATION CALL  
772.589.1403 x 112**

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Call 772-589-1403. Visit [kashi.org](http://kashi.org). Shop at [mas-india.com](http://mas-india.com)