

A Yoga Workshop on Breath; for Vitality Clarity & Spirituality



The Breath of Life

Yoga Workshop with Elaine Ewens & Geoff Farrer

**Sunday 23 April & Sunday 11 June 2017
10am to 4.30pm**

**39 Wine Street
Bradford on Avon BA15 1NS**

Vitality, clarity and spirituality are all aspects of our true nature according to yoga, but they are often clouded by continual '*citta vrtti*,' unhelpful thoughts and actions of the mind and body which often cloud our perception.

In these workshops we aim to re-energise ourselves and deepen our attention, using the ever-present aspects of the breath to bring us in tune with the spiritual consciousness that lies within.

We will use breath and sound in postures to explore how we can calm or re-energise ourselves. There will also be a focus on the role that '*prana*' plays on our energy and life force.

Finally we will end with a meditative practice to integrate body, breath and mind, aiming to bring a feeling of peace within.

Cost: £45 to include a light vegetarian lunch, refreshments & handouts.

To book a place, please contact

Elaine: elaine_ewens@yahoo.co.uk www.elainemarieewens.co.uk/contact
or Geoff: maxine.geoff@gmail.com [website: www.yogageoffarrer.com](http://www.yogageoffarrer.com)