

Yoga Solutions for Life!

Breathing and the Brain

A special workshop for yoga teachers
& advanced practitioners

With international guest presenter
Swami Samnyasananda

- Special opportunity to deepen your understanding of the scientific applications of yoga.
- Explore the physiology of yoga breathing.
- Learn techniques to increase well-being.

SWAMI SAMNYASANANDA is a neurophysiologist and long-time yoga practitioner who approaches yoga from the points of view of medical science & spiritual practice.

1st February 2010

At Anahata Yoga Retreat, Golden Bay

10am-5pm. Early-bird \$90. Full \$100 (incl. lunch).

Option of one night's stay at Anahata also available.



For Bookings & Information
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