

# Vinyasa Basic (All level)

## Workshop

**JULY 10, 31,  
AUG 7 – 2 -4pm**

**Discover the origins and true practice of yoga through “the 8 Limbs of yoga”. Ask questions and learn to flow smoothly with correct alignment specifically for you.**

**July 10** - Learn yoga Asanas (yoga postures) and their key alignment; explore new Pranayam techniques (breath control). Practice Bhandas (locks): root, solar plexus, throat, hand & feet locks.

**July 31** - Integrate into your life Nyama & Yamas (5 codes of conducts & 5 observations).

**Aug 7** - Open up to Dhyana (love and devotion), Understand Dharana, (meditation and Contemplation techniques).

**Go home with a complete yoga practice to continue on your own.**

*This class is perfect for all level students, each will further their own current knowledge of yoga to the degree they need while discovering yoga philosophy that can be applied to their life immediately. \*We reserve the right to cancel this class series if the minimum enrollment is not met*

**RSVP with Marie-Aude Préau @ 505-407-4020 / Register for 1 or all 3**

**Location:** Body Dynamics Studio, 12129 B-1 North Highway 14, Cedar Crest, NM 87008

**Fees:** Register early and save: \$75 (3 X 2hrs) paid by July 7, Individual workshop with RSVP: \$30 / 2hr, Drop-in without RSVP: \$35/ 2hr.



**For more info visit us at [www.KundunYoga.com](http://www.KundunYoga.com)**