

**Evening Meditation & Pranayama
with light Asana practice
guided by Nelson
Thursdays 6.15 - 7.30pm**



Harmonize and unify the body, breath and mind into an overall state of penetrating attentive awareness and deep relaxation with light asana practice, seated pranayama practice and guided seated meditation practice

Asana will involve a gentle vinyasa practice, pairing breath to dynamic postural movements composed of classical hatha yoga asanam (postures). This section of the class will emphasize the role of proper breathing technique to bring about increased breath capacity, facilitate the mindful investigation and expression of postures, bring vital energy to the body, and bring about an increased awareness of breath overall.

Seated pranayama section will introduce basic breath focused techniques deepening the focus on the awareness of breath and will demonstrate how the right breath control technique can directly influence one's state of mind for immediate effects on one's overall state of well-being.

The seated meditation section will involve a guided breath focused practice. The aim of this final section is to deepen the awareness of breath even further by stilling the subtle chatter of the mind to bring about a further state of union with body, breath and mind with the hope of onsetting a deep and complete relaxation.

Develop and deepen your own personal yoga practice by awakening your own inner teacher.

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