

Evening Yoga Basics & Meditation

guided by Nelson

New this September

Mondays & Wednesdays 5.15pm

Wednesdays also 6.30pm



The perfect Yoga session for Beginners and those who cultivate a gentle practice

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 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 will involve a guided breath focused practice. Aiming to deepen the awareness of breath even further by stilling the subtle chatter of the mind, onsetting a deep and complete relaxation.

011 268 4808 / 076 557 5556 / pranalounge@gmail.com

pranalounge.lk

Holistic Health Center 60 Horton Place Colombo 7