



**YOGA CENTER  
OF MARIN**

518A Tamalpais Drive  
Corte Madera, CA 94925  
**(415) 302-8457**  
yogacenterofmarin.com

# PRANAYAMA WORKSHOP

with **CLAIRE COLVIN**

**Saturday, Nov. 4 • 2–4 PM**



**The practice of Pranayama brings increased smoothness of breath, calmness of the nervous system, and quietness of mind.**

In this class we will practice supported poses which open the chest and prepare the body and mind for the practice of Pranayama. We will learn breath awareness and control, and Ujjayi Pranayama.

*CLAIRE COLVIN is a certified Iyengar yoga teacher who has studied Iyengar yoga for over 36 years, at the Iyengar Yoga Institute in San Francisco and four times in India with the Iyengar family. She has taught yoga in Marin County for 28 years. Her principal teacher is Manouso Manos.*

**THIS WORKSHOP**

- Levels 2–4
- \$30 pre-registered;  
\$35 drop-in

**Use this form to register or register online. Pre-registration is encouraged for all workshops.**

WORKSHOP/date & time: PRANAYAMA WORKSHOPS with Claire Colvin / Nov. 4, 2017 • 2–4 PM

Name: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 City, State, Zip: \_\_\_\_\_  
 Phone: \_\_\_\_\_  
 email: \_\_\_\_\_

HOW DID YOU HEAR about this series?  Flyer  Website  
 Ad  Friend  Drive/walk by  Other \_\_\_\_\_

PAYMENT BY:  check  MC/VISA AMOUNT: \_\_\_\_\_  
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**CHECKS PAYABLE TO:** Yoga Center of Marin • **MAIL TO:** Yoga Center of Marin, 518A Tamalpais Dr., Corte Madera, CA 94925  
**FOR A COMPLETE SCHEDULE** of our classes and workshops, check our website at [www.yogacenterofmarin.com](http://www.yogacenterofmarin.com)



08/17/2017