



**YOGA CENTER  
OF MARIN**

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

# PRANAYAMA BREATHING to ELICIT RELAXATION with ANANDA MA

**Saturday, Dec. 9, 2017 • 2:00-5:00 PM**



*ANANDA MA is a certified Iyengar Yoga teacher, CIYT-1000. Trained at the Iyengar Yoga Institute of San Francisco, her goal as a teacher is to inspire authentic experiences that lead to the art of integrating body, mind and action. She had the honor of taking classes in Pune, India with Geeta Iyengar that allowed her to practice asanas with greater effectiveness, ease, and stability. Ananda brings a spirit self-encouraging mindfulness to nurture the very core of your being in her teaching. She is also a graduate of the American College of Traditional Chinese Medicine. Her experience in Chinese Medicine enriches her practice and teaching of Iyengar yoga.*

**Respiration is essential for all forms of life.** The clarity of your breathing is so vital in these days of continued stress and anxiety. Yogic-derived breathing is a popular tool that is used increasingly in complementary and alternative medicine to promote health and well-being. This class focuses on restorative yoga poses and conscious breathing, called *pranayama* to help you release the muscular and soft tissue action of the diaphragm. Learning more about your diaphragm, the intercostal muscles and your chest can relieve anxiety, depression, and improve mood to help elicit relaxation to facilitate positive change. All are welcome!

**THIS WORKSHOP:**

- All levels
- Preregistered: \$45 (**by Dec. 2**)
- Drop-in: \$55

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

WORKSHOP/Date/Time: PRANAYAMA BREATHING TO ELICIT RELAXATION with ANANDA MA / Dec. 9, 2017

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)



08/18/2017