



Yoga of Breath

Join this session to learn simple yet effective yoga postures and based on Hatha Yoga and specific yogic breathing exercises to keep the Prana (subtle life force energy) in you flowing free of blockades. These tools will help you de-stress and promote good health and a sense of well-being and joy. Wear comfortable clothes; bring a yoga mat or a bath-size towel/blanket and an open mind. Come to class “light in stomach”. No previous yoga experience needed.

Leader: Meera Nagaraj (PBCE) Meera has provided Yoga of Breath instruction in the East Bay Area and Berkley for the last 5 years and began Yoga herself more than 35 years ago learning from Yogini Srimathi Rajeshwari Raman in India. She is also trained as an Art of Living teacher and practitioner of the Sudharshana Kriya[®] breathing technique. Meera joyfully offers to share her passion for inner peace thru Yoga of Breath.