

# Master Class

## Mysore & Ashtanga Pranayama

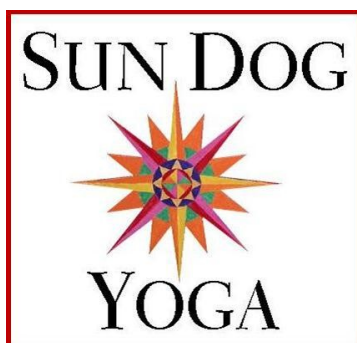


*with Michael Lear, RYT500*

Sunday, December 10, 2017 ... 1:00-3:30pm  
\$35 fee if paid by Dec. 9...\$40 day of workshop

Join **Michael Lear**, RYT500, for a self-led Mysore practice followed by Ashtanga pranayama. Participants are asked to have an established/regular primary series practice (or equivalent). This Mysore asana practice is for all levels.

Central to the progress of the committed ashtanga student is the practice of the Ashtanga pranayama sequence. With an emphasis on Kumbhaka (Breath retention), this practice cultivates a higher degree of focus, energy and quietude. In addition to increasing your capacity to cultivate energy through breathing, you'll expand your awareness of the the relationship between the mind's activity and breath utilization, which can have a dramatic impact on your asana practice experience.



## Enroll today!

Sign up at the front desk or online on our "Workshops" page at [sundogyogastudio.com](http://sundogyogastudio.com)

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