

Living, Breathing

When you listen to the sound of breath, you are intimately connected to your own life force. This is called ujjayi. Ujjayi Pranayama is a simple, effective, deeply healing way to practice yoga. It alone provides benefits for the whole body and mind—boosting the immune system, soothing pain, clearing toxins, quieting the mind.

This one hour class is open to all levels and will provide you with a led practice, support and comfort, information and inspiration.

Tuesdays 4:30—5:30pm
February 9—March 16, 2010
\$15. per class or \$65. for series

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dibellayoga

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