

# PRANA

fundamentals, Level One

A workshop designed to strengthen, purify, and balance the breath - utilizing yogic technique.

## SCHEDULE:

- Day: Every Sunday
- Starting: July 25th, 2010
- Time: 10AM-12PM (2 Hours)
- Duration: 4-weeks (4 classes)

## COURSE FEE:

- \$135.00 (Non-Refundable)

## COURSE MATERIAL:

- Bring your own yoga mat along with your own towel
- Loose and comfortable clothing is required
- All the text material will be provided during the course.

## OFFERED BY:



**HARI YOGA**

Strength\* Purity\* Balance

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[www.hariyoga.org](http://www.hariyoga.org)

## DO I.....?

- Do I breathe deeply and fully, using my full lung capacity?
- Do I nourish my body and mind with prana in the form of clean air, healthy food and stimulating ideas?
- Am I able to absorb the beauty around me? How does it strengthen me?
- Do I tend to "bite off more than I can chew"? Does this deplete my prana?
- Is my life chaotic? Is this because I am unable to direct my energy?
- Do I permit people to drain me emotionally? Or do I drain other people's prana by making unreasonable demands on them?
- Do I waste time by being unfocused? Or do I allow others to waste my time?
- Am I overly negative and self-critical?

## LOCATION:



5120-C Baltimore Drive  
La Mesa, CA 91942  
(619) 282-1884  
[apastudios.com](http://apastudios.com)

## BENEFITS:

- Learn to direct your *Prana*
- Learn to align your energies
- Boost your energy and stamina
- Counter tiredness
- Relieve tension in your body
- Enhance your ability to deal with stress
- Bring vitality to your complexion and eyes
- Boost your immunity
- Promote self-healing
- Increase concentration
- Bring calmness and mastery of your emotions

## REGISTRATION:

- Preregistration required
- Registration closes 7/23/2010
- Sign up at:  
[www.apastudios.com](http://www.apastudios.com)