

BREATHE: RELAX, RENEW AND REFRESH YOURSELF THIS FALL!

# the power of pranayama with sarah lakey



There is a simplicity in the breath that can shift and change a mood, the way we react to a situation, our energy level, and our overall health and well being. Learning to harness and direct this energy is the skill of pranayama.

Breathe deep with an hour of pranayama incorporating a variety of techniques to enhance breath capacity, mental clarity, energy and a sense of calm. The workshop will then evolve into an hour of viniyoga-style restorative work, incorporating gentle massage-like movement with breath to decrease muscular tension throughout the body. The workshop will provide simple instruction that you can take off the mat to use throughout your day in stressful situations or in everyday life. You'll emerge feeling refreshed, revitalized and restored.

**Sunday, Nov 22, 2–4pm \$35**

SARAH LAKEY fell in love with yoga while living in Salt Lake City, Utah. As a professional dancer, she found that yoga brought balance and grace into her life that supported and nourished her art form. She discovered yoga through Dana Baptiste of Centered City Yoga, with whom she trained and worked. Sarah enjoys teaching a vast array of classes including restorative, pranayama, power and core yoga. She infuses an element of dance into her teaching style, incorporating a connection of flow with breath into her sequences. Having struggled with asthma all her life, she found enormous healing through pranayama and now enjoys teaching pranayama workshops to help others. Sarah teaches yoga throughout Portland and dances with Polaris Dance Theatre.

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