



योगश्चित्तवृत्तिनिरोध

yoga-citta-vrtti-nirodhah

yoga is the ability to direct the mind without distraction -Patanjali's Yoga Sutra, 1.2

Breath, Mantra, and the Healing Power of Sound

Come explore the subtler aspects of yoga practice

In this experiential workshop, we dive into the foundation of yoga, the practices to quiet the mind. We begin with introduction to basic pranayama, control of the breath. From there, we move through some simple asana to warm the body in preparation for seated posture. We then introduce and sing together a selection of Sanskrit mantras, from the roots of the modern yoga traditions, to heal and silence the mind.

Come prepared to stretch, to breathe, to search the stillness within...
and find your voice to sing!

Cost: \$30

Saturday November 22, 3:00-5:00pm

The Light Within Yoga Studio

11 Exchange Place, West Grove, PA 19390

www.thelightwithinyoga.com



Sean Dahlen is a teacher, explorer, and wellness advocate. His work combines his experience with western science, traditions of indigenous Americans, and the holistic arts of the far East. He travels the world, immersing himself in foreign cultures to study human nature and life on planet Earth, then shares the best of what he finds with hope to challenge perceptions, provoke peace, and empower human potential.

For more information: www.innerstanding.org