



Prana: The Essential Life Force

A Kundalini Yoga and Gong Class with Santosh

Everything begins with the breath. All states of physical, mental and spiritual health begin with how we breathe, and it is within the breath that we find Prana, the essential life force. When we are full of Prana we are full of life, and can easily maintain a positive outlook. We have the energy we need to direct our mind, regulate our moods, and to expand our mental and spiritual capabilities. By tuning in to the breath we tune into the most essential aspect of our selves. When we breathe consciously and access that precious Pranic energy we gain access to all health, wealth and wisdom.

In the words of Yogi Bhanjan:

“If you can command the breath of life and consciously breathe, you can be in command of your life, and environments will relate to you as per your wish.”

Join Santosh for this special Sunday class and experience the power of Prana.

Special Date and Time
July 24, 2011
9:00-10:15am
at The Jade Apple
www.jadeapple yoga.com

