

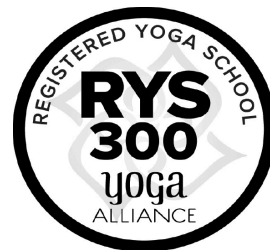


## Awakening to the Essence of Yoga: Advanced Pranayama and Meditation

### **JO IN** The ZenSpot & Essential Hot Yoga

In this program you will explore two foundational aspects of yoga, pranayama and meditation. This will entail an understanding of what constitutes pranayama and meditation. In so doing you will assess your current pranayama practice and reflect on the importance of pranayama in yoga. Individual practices will be introduced, reviewed and organized in a series for daily practice. Inextricably linked to pranayama, meditation will be defined and practiced. Different styles will be explored in a consistent fashion to be integrated into your daily life. Regardless of your level or knowledge, you will enhance your understanding of the practice of pranayama and meditation.

THE ZENSPOT



**January 18, 2019 – January 20, 2019**

**Early Bird Deadline for Registration: January 4, 2019**

**Location: EHY at Halo: 3055 E. Fairview Ave., Suite 210 Meridian, 83642**

*Friday: 6-9pm, Saturday & Sunday: 8am-4pm*

**Early Bird: \$299 | Regular Bird: \$325**

**SIGN UP TODAY!**

<http://institute.zenspotmbs.com/yoga-teacher-training-300>