



YOGIS & YOGINIS WORKSHOP

Kundalini Yoga: The Power of the Breath

Breath is life and life is breath. When breath flows, so does life

SUNDAY, NOVEMBER 3

10:00 AM to 12:30 PM

Cost: In-Studio \$60 – \$65 day of

With dynamic movement and strong breathwork, we will awaken the power of Kundalini energy. Then, with mudras and inner locks — or bandhas — we will channel this heightened pranic energy for inner radiance and higher consciousness, finishing with “Meditation into Ecstasy,” an important breath meditation for the 6th Chakra wisdom center. “Celestial Communications,” a way to chant with movements and mudras, will also be taught. All levels are welcome; beginners and advanced students will receive helpful tips for an effective home practice. If most of your yoga studies have been about asana, this workshop will round out your practice. The “power of the breath” will help your life like nothing else!

About the Teacher:

DANIEL ORLANSKY

Daniel, MA, ERYT-500, is the director of yoga teacher training at Boston University and has taught “Yoga: Theory, Culture, And Practice” at Lesley University. A yoga teacher since 1992, he is certified in Jnana Yoga, Kali Ray TriYoga, and Kundalini Yoga and is the creator of Meridian Yoga, a yoga style that combines shiatsu, yoga asana, and the meridian system into a unified practice to open and strengthen the body. He holds a master’s degree in Expressive Art Therapy/Dance Therapy and has been a visiting lecturer in movement studies at Tufts University. He is also a graduate of the Boston Shiatsu School. Daniel teaches regularly at the Kripalu Center, the Omega Institute, and in centers across Europe, and he also directs yoga teacher trainings worldwide. Visit Daniel at www.yogaofenergyflow.com