



## Pranayama Refresher



### Upcoming dates:

**August 15<sup>th</sup>, 10.45 until 12.15 a.m.**

**November 24<sup>th</sup>, 10.45 until 12.15 a.m.**

This workshop is open to all with prior Pranayama experience\* in the style of Sri O.P. Tiwari.

During the workshop, we will conduct the preparatory exercises for Pranayama (i.e. Uddhiyana Bandha, Agni Sarah and Kapalabathi) and – depending on the level of experience of participants – the various pranayamas (i.e. Nadi Shodana, Surya Bhedana, Shitali respectively Shitkari).

The workshop provides you an opportunity to either deepen or restart your Pranayama practice.

We discuss any questions you might have in respect to your Pranayama practice. This may be particularly relevant to those of you unable to participate in the weekly Pranayama classes (Tuesdays 5.30 until shortly before 6 p.m.).

The workshop is included in the monthly fee. For those without a monthly pass, the cost is 15 € (respectively one unit on the 10card).

For further information and binding and mandatory preregistration, please contact me via phone 06174 3240 or email [mkhschmidt@gmail.com](mailto:mkhschmidt@gmail.com).

\*The workshop's level is not suitable for beginners or Pranayama practitioners from other traditions. Please contact me directly if you are interested in an introduction to this style of Pranayama (either in private classes or the introductory seminar - the next will be held November 22<sup>nd</sup> until 24<sup>th</sup>).