



California
Yoga
Center

Pranayama and Meditation with Birgit Reimer

Saturday – February 11– 1-4 pm

Birgit will share what she learned from her recent trip to Pune India where she studied with Prashant Iyengar. This workshop is also an introduction for the upcoming "Fundamentals of Pranayama and Meditation Series" with Elise Miller and Birgit starting February 15.

Pranayama is important for further evolution and involution on the yogic path. The breath is an expression of Prana or the life force energy that enlivens every cell of living beings. With the practice of the art and science of Pranayama all internal organs and systems as well as mental attitudes are positively influenced and balanced; the nervous system is calmed; stress is reduced and longevity increased. Please join this soothing and revitalizing journey.

Fee is \$50 in advance or \$55 on the day of the event.

Register online or by mail for **Pranayama February 11**

Mail this form with check payable to CYC. Mail to California Yoga Center, 1776 Miramonte Avenue, Mountain View, CA 94040.

Name _____

Address _____

City/State/ZIP _____

Telephone / e-mail _____

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