

SPRING CLEANING

PRANAYĀMA *(and related āsanas)*

ANDREA ESCOS

Sunday, April 14, 2024 12-3 pm \$80

Qualifies for 3
Yoga Alliance CEU's

Open to all students and teachers.

Explore the art and science of Pranayama. Learn how to access the thoracic and pelvic diaphragms, how to liberate the intercostal muscles by practicing the relevant asanas. This 3-hour workshop will highlight asana related to posture, breath and core activation. Appropriate restorative poses will lead to subtle explorations of pranayama techniques including: Ujjayi, Kapalabati, Kumbhaka, Bhramari, Sitali and Sounding. Learn why, when and how to do each one.

Get an early start on your holistic cleansing and reactivating Agni, the inner fire!



Andrea Escos PT, RYT-500

Andrea is a long-time student and teacher of yoga, graduating from the Open Sky Yoga Center in 2007 and studying with various Senior Iyengar teachers. She brings understand from over 30 years of practice as a physical therapist to support the art of Yoga through science and experiential practice of self-awareness. Andrea teaches an insightful, playful, and practical class for all levels.

IN PERSON
ROCHESTER, NY

Open Sky Yoga Center
5 Arnold Park
(behind Zen Center)

"As an earthen pot must be baked in a furnace before it can store water, so should the body be baked by the fire of asana to experience the true effulgence of pranayama."

—BKS Iyengar



Please register online at www.openskyyoga.com