

ZOOM  Open Sky

# Prana

*Exceptional Online Seminar with*

WORLD-RENOWNED AYURVEDIC PHYSICIAN & PHILOSOPHER

## *Dr. Robert Svoboda*



**December 12, 2021 \$60**

SEMINAR WILL BE RECORDED

**9:15 - 11:15am CST (Texas)**

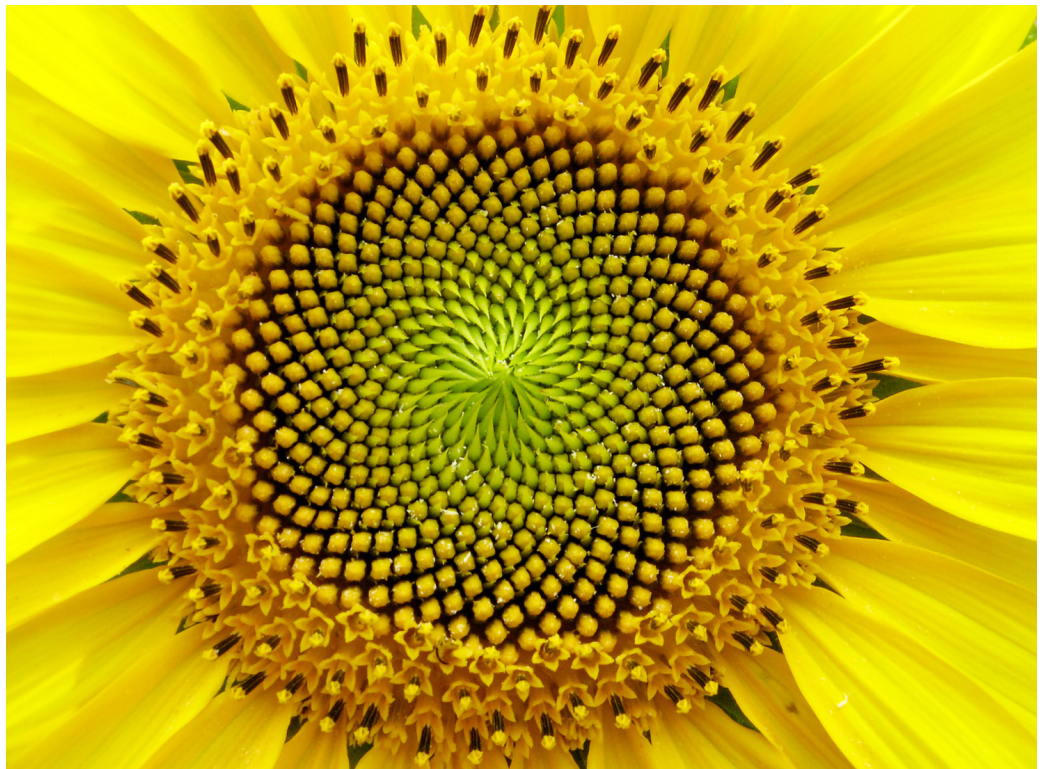
**11:15am-1:15pm EST (New York)**

**4:15 - 6:15pm CET (Paris)**

*Pranava, Prana, Pranayama: A Practicum*

Where prana, the life force, exists, so does life; where prana is absent, life is absent. The free, well-channeled flow of prana brings well-being; obstructions to that flow bring ill health. When we learn to get out of prana's way and let the life force do the work that it knows best, we follow the path to happiness & health.

Texas-born **Robert Svoboda** was the first Westerner to be licensed to practice Ayurveda in India, where he lived for 11 years. Today Dr. Svoboda travels the world lecturing, consulting, teaching and writing. He serves as Adjunct Faculty at the Ayurvedic Institute in Albuquerque, NM, and at Bastyr University in Kenmore, WA. He is the author of numerous books on Ayurveda, including "Ayurveda: Life, Health and Longevity." He holds a B.S. in chemistry from the University of Oklahoma.



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