

# Pranayama

## workshop w/Shaina

**Sunday 1/8 @ 12:30-2:30 pm**  
\$30 pre-registration required!

Pranayama means “extension of the prana (life force) or breath”. As a practice, pranayama involves breathing exercises. In this workshop, we will learn about the anatomy of breathing and yogic techniques for enhancing the power of your breath - the most quintessential aspect of your yoga practice.

We will begin with basic breath awareness - understanding the muscles involved, the connection between the respiratory system and the nervous system, and the pace in which you breath naturally. From here we will explore ways in which you can maximize your breathing potential. Pranayama goes hand in hand with asanas. The union of these two yogic principles is considered to be the highest form of purification - cleansing both the body and the mind simultaneously.

This workshop is geared toward all levels of practitioners, from the total beginner to the experienced teacher. All are welcome!



**Shaina Traisman** After graduating from Samadhi's esteemed Yoga Teacher Training Program in 2003 Shaina served as a mentor for the program two years in a row. She has studied with countless inspirational teachers over the years in the U.S. and in India. In April of 2010, Shaina completed a 200 hour Ashtanga Yoga teacher training in Rishikesh, India with the famously loved and respected Kamal Singh.

It has been through yoga that Shaina has experienced profound healing in her life. Her primary goal as a yoga teacher is to share with others the tools that have offered her immeasurable amounts of clarity, strength and peace of mind.

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