



## Pranayama & Meditation

3rd Friday of the Month with certified Master Frankie Hart  
5:45pm-6:45pm

This class combines the practice of pranayama (breath control) with a series of gentle asanas (postures) intended to support the mind and body while allowing the nervous system to rest. It is recommended for students of all levels who are looking to relax the body and settle the mind.

"For several thousand years, yogis have drawn on the powerful practice of pranayama to maximize "prana", or life energy; to rejuvenate the body; and as a means of self-transformation".

Richard Rosen

Join Master Frankie Hart for an experience of this ancient practice.

All levels welcome!