

Therapeutic Breathing & Mudras Classic Yoga

with Friedel Khattab

March 23 - 25, 2012

Friday 6:00-9:00pm

Saturday 12:00-4:00pm

Sunday 10:00-4:00pm

Cost \$130



Therapeutic breathing techniques and mudras to promote healing and wellbeing.

Yogic breathing increases bodily vitality, improves air processing in the lungs, purifies the blood, calms and tones the nervous system, dissolves tension and relaxes body and mind.

Friedel will draw upon years of practice with her guru, Shyam Sundar Goswami. Friedel will lead participants through Pranayama as taught by the old Masters, Shyam Goswami, Swami Sivananda, Swami Gitananda and Swami Satchidananda.

**This workshop is a 13 hour certification training.
Certificates will be awarded to successful participants.**



About Friedel

Friedel Khattab taught her first yoga class for the public in 1968. Since that time she has taught thousands of students and classes and offered numerous teacher training programs. Now in her 80's, Friedel's passion for yoga, learning and sharing continues. Friedel has studied yoga traditions and practices around the world and integrates the best from these traditions. Her passion and dedication to her family, and her love of life and laughter enrich all she encounters.

**Register:
780-416-4211
www.yogafortoday.ca**

**#206, 2016 Sherwood Drive
Sherwood Park**

