

Therapeutic Breathing & Mudras

...to promote healing and wellbeing
...with Dorothy Robinson



Sat. Dec 9, 2017
9:00am - 12noon

Cost \$50 (\$45 members)

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.

Dorothy was certified with Friedel Kattab's School of Yoga in 2004. In January 2017 she received her Senior Teacher designation with the Yoga Association of Alberta. Her education includes training in classical Hatha yoga: Okido, Wada and Nakamura systems of yoga, therapeutic breathing, pranayama (Dr. Gharote), mudra's, yoga for the lymphatic system, yoga of the old masters (Sivananda, Shyam Goswami), Swami Dev Murti and much more.



Register: 780-416-4211

206, 2016 Sherwood Drive . yogafortoday.ca

