



# *Experiencing Freedom through Breath and Light*

## One Day Yoga workshop with Geeta and Ananti

**Sunday February 25<sup>th</sup> 2018**

Through 20 years of practice & study of yoga, pranayama and energy (chakras) and several years of endeavouring to apply this knowledge and experience into our day to day lives, as mothers; wives and individuals we will create a space to share our understanding and knowledge of this ancient wisdom. We will offer an experiential space to feel the depths of our true nature through simple yogic breath techniques (pranayama), sounding and chakra energy flow.

The focus of the workshop is on Life Energy or Prana. Energy is a concept which has been talked of by great scientists of our time like Einstein as well as the teachers and Gurus of yoga from ancient times.

Join us in the beautiful, serene space of Loudwater Farm, Rickmansworth to go on an inner journey of outer and inner purpose.

**This experiential workshop aims to:**

- Deepen the understanding of the Chakra energy system: how to feel; experience and use this energy in our daily lives to bring inner contentment and peace in all life interactions with people and situations
- Pranayam techniques to enhance flow of energy, still the mind to bring deeper levels of peace and clarity in life

**Venue:** Loudwater Farm, Loudwater Lane, Croxley Green, Rickmansworth, Herts. WD3 4HG  
**Date:** Sunday 25<sup>th</sup> February 2018  
**Time:** 9am -5pm  
**Cost:** £60 (includes a simple lunch)

For registration click on this link: <http://www.emailmeform.com/builder/form/cV1bo81rC4aJv>

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