

The Practice of Pranayama

Auckland - September 2013



Join internationally renowned yoga teachers A.G. and Indra Mohan who will be visiting Auckland in September 2013 to present this comprehensive program on the practice of Pranayama.

This program will be presented in four one week modules commencing with the first module in September 2013. Each module will build on information presented in previous modules however, is complete in itself and may be attended independantly.

Participants will be instructed and guided in their practice by the Mohans, drawing directly from the teachings of their teacher and guru Sri T Krishnamacharya, ancient yoga texts and four decades of personal study, practice and teaching.

This course is open to anyone interested in understanding the powerful yogic practice of breath awareness and control, and finding effective and wise guidance in building a pranayama practice.

Module 1: Asana to Pranayama - the Foundation

Tuesday 17th - Saturday 21st September,
7.30am - 4.30pm daily

The Jubilee Hall
545 Parnell Road
Parnell, Auckland

\$650.00

A non refundable deposit of \$100 is due on registration to secure a place in the program, the balance of the fee is due no later than 31st August, 2013

Numbers are limited - pre-registration / payment is essential

[view full details of the program here](#)

email info@svastha.co.nz to register or for more information