

daylesfordorganic

**PRANAYAMA: THE ART OF BREATHING
AT THE HAYBARN, DAYLESFORD ORGANIC FARMSHOP
WITH VETTRI SELVAN
SATURDAY 27th FEBRUARY 2010**

Our breath is intimately linked to all aspects of the human experience. As the most vital process of the body, it influences the activities of each and every cell. Most importantly, the breath is intimately linked with the mind. While breathing is crucial to our existence and health, most people pay little attention to how they breathe. Many individuals use only a small part of the lungs capacity, which creates a shallow breath. When the breath is not full the body is deprived of *prana*, the vital force essential to good health.

According to the yogic sciences, lifestyle has profound impact on the *pranayamaya kosha*, the bioplasmic or vital energy body. Physical activities such as exercises, work, diet, sleep and sexual activities, as well as our mental state all effect the distribution and flow of *prana* in the body. Irregularities in lifestyle and diet, or the presence of stress, can deplete and obstruct the *prana* energy flow.

Poor and irregular breathing disrupts the natural rhythm of the body and leads to physical, emotional and mental blocks. *Pranayama* works to establish regular breathing patterns by taking control of the breath and re-establishing the natural, relaxed rhythms of the body and mind.

Vettri has studied the ancient *hatha yogic* scriptures under the traditions of Kaivalyadhama. He is disciple of renowned Yoga Master Sri Swami Satchidananda and he has taught Yoga and Meditation for the last 14 years to students from all walks of life. He is author of the "Guide to Yogic Practices"

PROGRAMME	COST £ 75
11.00 – 1.00	Essential beginners hatha yoga and deep relaxation
1.00 - 2.00	Vegetarian lunch
2.00 - 2.45	Basics of breathing and techniques for increasing lung capacity
2.45- 3.30	Vitalizing techniques
3.30 - 4.00	Energising techniques
4.00 - 4.30	Sharing of thoughts

For bookings and more information please call Cristina or Vettri at the Haybarn (01608 731703) or e-mail haybarn@daylesfordorganic.com.

www.daylesfordorganic.com

