

Vivanne Barry

Yoga for Building Energy

Date: October 2, 2016

Time: 1435 hrs – 1520 hrs

Short sequences of *asanas* (poses) and breathing techniques can be used unobtrusively in an office, educational or workplace setting to invigorate the body and bring clarity to the mind.

Learn to increase the energy in the body and to be more aware of its flow and generate a sense of wellbeing through a) Yogananda's double-breath energization techniques, b) The Five Tibetans, c) Surya Namaskar variations with breath retention, and d) Shakti Flow – voicing, shaking & tapping. Practice of any of these exercises before meditation will, help release the stored body tension, oxygenate the blood and assist you to sit still longer and more comfortably.