PRANA VIDYA: HEALING, SELF-HEALING & ENERGY BLOCK REMOVAL YOGA – ONLINE/IN-PERSON SEMINAR FEB 12&14

Prana Vidya is Yoga's Energy Work that can be used for Healing and Self-Healing.
FEB. 12 Fri. 6-8 pm ONLINE; FEB. 14 Sun. 1-5 pm In Person at AIKIDO studio

Beginners and Pros are welcome to register.

Friday 6-8 pm ONLINE. Sun 1-5 pm In-Person at AIKIDO studio.

Masks are manatory. Must be COVID free. Temps will be taken.

YA Registered Teachers earn Continuing Ed. Hours.

Overview:

1. Energy Block Removal Posture sequence - a classical yoga sequence.

2. 5 Pranas, the Vital Life Energy Force Explained and what bodily functions they govern..

3. Chakra Therapy (Energy Center Specific) Purification Practices.

4. Guided Yoga Nidra and Prana Vidya (Healing and Self-Healing).

Number of seats is limited to 8 participants only. Please, register in advance at:

www.YogaAndMeditation.com