



## MEDIATION, ASANA & BREATHWORK WORKSHOP *with Manny Muros*

Come explore the subtleties of yoga, mediation and breathwork. Deepen your connection to the natural peace and still point that is inside each of us.

We will begin with a gentle yoga class to open our bodies, then follow with seated meditation and pranayama (breathwork) to increase our life force and balance our energy systems.

Appropriate for all levels of experience from total beginner through seasoned practitioner.

Manny Muros is the director of the Yoga Center of Newburyport, an Anusara-Inspired™ yoga instructor and Thai Yoga bodyworker.

**Saturdays, February 25 & March 10, 2012**

**Time: 10:00am – 12:30pm**

**Cost: \$25**

**For more information:**

**Call 978-225-3700 or email [manny@newburyportyoga.com](mailto:manny@newburyportyoga.com)**



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