

Meditation Workshop

with Manny Muros

Saturday, August 8, 2009

10:00am–1:00pm

Come spend an afternoon exploring the subtleties of meditation and breath work with Manny Muros.

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 (breath work) to increase our life force and balance our energy systems.

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



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time:
10:00am – 1:00pm

Cost:
\$30 per person

To Registration:

Call 978-463-4354 or email
center@newburyportyoga.com

Photo by Maria Poulos



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of NEWBURYPORT

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