

**Ashtanga Yoga and Prana
- Movement, Awareness and Freedom**

**A workshop that explores Prana, the vital life force in the yoga practice
and the eight-limbed Ashtanga Yoga of Patanjali**

“When the breath is steady, the mind is steady and the yogi becomes steady”
– Hatha Yoga Pradipika

This workshop will introduce the eight-limbed Ashtanga Yoga of Patanjali, its concepts of mind and mental disciplines. We will look at how we incorporate and apply some of them on and off the mat to cultivate awareness and lightness. In the practice session, we will investigate the relationship between our mind and body by deepening of our breaths, in the format of vinyasa, breath synchronised movement or passively held poses.

Please note that the participants should have some basic yoga asana experience.

Saturday 18 October

10:30am – 1:00pm

The Oriental Spa, Landmark Mandarin Oriental Hotel, Hong Kong

Lecture and discussion (1 hr 30 min) and practice (1 hr)
HK\$450



Rachel holds qualifications in both Ayurveda and Yoga Therapy. She currently teaches Ayurveda, Yoga and Yoga Philosophy on training programs and courses. Rachel practices Ashtanga Vinyasa Yoga and has studied at Ashtanga Yoga Research Institute in Mysore, India. She offers Ayurveda Nutrition and Lifestyle Consultation as well as Ayurvedic healing massage therapy.