

Breath Centered Yoga: Practicing from the Inside Out

~

In classes we will focus on:

- Breath in Asana
- Focusing attention internally
- Pranayama and the Bandhas
- Enhancing awareness of the inner energetic core
- Exploring the relationship between the breath and the torso
- Muscles of the feet, inner legs and pelvic field

Where: 4th Street Yoga 1809 4th Street, Berkeley 94710

When: Tuesdays 5:45-6:45 PM Begins July 12

Studio Rates Sliding Scale: Drop-in \$14-17; 4 class series (used in a 2 month period) \$44-60; 8 class series (used in a 4 month period) \$88-120.

Questions: Contact Anne Richards 510 558 1637 tannerichards@aol.com

*These classes will be particularly helpful to women concerned about or experiencing incontinence.

All Levels Welcome

Anne Richards became intrigued with yoga in 1974 but it took 10 years (1984) for her to begin an active practice, studying in the Iyengar tradition at the San Francisco Iyengar Institute, 4th Street Yoga and the Yoga Room. She graduated from the Yoga Room Advanced Studies Program in 2006. For Anne, yoga has been a resource for creating calm in her body, focus in her mind and greater peace of heart. In practice and in teaching she aims to cultivate and integrate awareness from the inside out, from the outside in.