

4TH WORLD CHINESE MEDICINE, YOGA & MENTAL HEALTH CONGRESS

September 17-18, 2018 | San Diego, USA

Pranayama: Just Breath

Sharon Dawson
Yoga Instructor, USA

Pranayama, simply stated is breath work, using breath to regulate our nervous system, brain, body. These ancient practices have research-based, practical applications in our daily lives such as: warming up a cold body, cooling down an overheated one, improving sleep, increasing mental clarity. Pranayama has been proven to lift depression, ease anxiety, improve digestion, enhance sex life! Learn which pranayama to practice when you feel the sluggish and low energy, what type to practice when you feel anxious and stressed. Sharon Dawson has been studying and practicing pranayama for over 40 years. She will discuss how it can be used on its own, in meditation, with a yoga practice. Enjoy this opportunity to learn basic techniques or to deepen your personal pranayama experience.

sharonanda@hotmail.com