

*Kundalini Yoga Workshop*

# *Breath is Your Life*

*Oxygen Therapy for your body*

**Welcome to "Breath is Your Life" 2 hours Kundalini Yoga workshop for all. Saturday 18. October 2014 from 11.00-13.00. Price 2 punches or 200 kr.**

Breath is vital,- it is your connection with life and with every breath you take, you are renewing the essence of life itself. You can lengthen your life and control the quality of your life by consciously breathing. Do you know that 11 minutes consciousness breathing daily will bring you 40% more vital energy?

When you change the way you breathe, you change the way you think, feel and act, for your mind, body and spirit are influenced by the vital life force, or prana, contained in the breath.

On the physical level, breath holds the key to your energy reserves and vitality. Breathing deeply, inflating the lungs to their capacity, increases the oxygen in the blood, which nourishes all the cells of the body. Oxygen regenerates, heals and detoxifies the cells. By learning how to increase your breath, you can give yourself Oxygen Therapy.

By controlling the breath by deep or segmented breathing, you can promote vitality, health and happiness, strengthen your heart, improve your brain activity, develop concentration, promote feeling of connectness, balance blood pressure, improve your sleep, increase lung capacity, relieve depression, control mood and mind to become clear, calm and neutral.

I will guide you into excersises to purify your blood, expand lung capacity and boost your oxygen supply. And you will learn different breathing techniques to use in your daily life to calm and revitalize your body and mind. See you on the mat for Breath Changing Hours...

*"The mind become a monster when it becomes your master,  
The mind is an angel when it is your servant."*

*Yogi Bhajan*



Kundalini Yoga instruktør Mette Tost kan træffes  
på mail: [mettetost@iamawomanyoga.com](mailto:mettetost@iamawomanyoga.com).  
Website: [www.iamawomanyoga.com](http://www.iamawomanyoga.com)

