



Pranayama Intensive

*June 18th – 24th, 2012 | 7 – 8 a.m. daily
at Momi's home studio in Minnetonka
\$150 for the week*

Pranayama, the fourth limb of Ashtanga yoga, is the regulation of the Prana, the universal life force, by working with the breath. This intensive will provide an opportunity to learn basic supine and seated pranayamas and put that practice together over 7 consecutive days.

You must have at least 6 months of yoga experience to participate in this intensive.
Space for this intensive is very limited so please register early.

REGISTRATION

Name _____

Email _____ Phone _____

Address _____

City _____ State _____ Zip _____

Mail registration form with your payment to:
Momi Jhung | 4501 Woodridge Road | Minnetonka, MN 55345 | 952 237 8162 | momi@yogawithmomi.com