

Cultivating Prāna

LEVEL 1

CURRICULUM

Week 1 (3/25): Sources of Prana

Week 2 (4/8): Upa Yoga and Yogic Breathing

Week 3 (4/22): Energy, the Essence of Our Being

Week 4 (4/29): Pranic Healing



————— A WORKSHOP SERIES with DEVENDRA BAJAJ —————
 SUNDAY, MARCH 25–APRIL 29 | 7:30–8:45 AM | \$125

In yoga, Prana is described as the subtle energy that pervades the entire universe. We all are born with Prana Shakti (energy) and depending on our lifestyle, Prana can be depleted or cultivated further. In Level One, you will learn techniques to cultivate and energize your Prana through breathing exercises, mindful eating, and yoga practice. Prior yoga experience is preferred but not necessary. Participants must be willing to make changes in their lifestyle, including diet and exercise. Students must commit to a daily (20–30 min.) Pranayama practice. If you have any questions, please contact Evansville Power Yoga at 812-449-2239. *This series of four workshops qualifies for five (5) CE with Yoga Alliance.*



As both a scientist and a yogi, Devendra seeks to explore, heal and transform his inner engineering through the practice and study of yoga. Devendra earned his 200 Hour certificate from Evansville Yoga University in 2016 under the mentorship of Mark Goltiao. He continues to learn and transform as a student of life. He loves to find new and creative ways to bring knowledge in yoga classes everytime he teaches. His first love is Vinyasa flow and the study of Pranayama.

