



Pranayama Methods

with Todd Jackson

April 2 - June 4

Wednesdays from 5:30-7:00pm

\$160

Now that you have cultivated proficiency with steady inhalations and exhalations, let's explore a variety of pranayama methods. We will continue to deepen our relationship to breath and being with a gentle approach to Kumbhakas (retentions), Vilomas (interrupted breathing), Surya & Chandra Bhedanas (sun & moon passes) and Nadhi Sodhana (alternate nostril breathing). Students will have weekly pranayama practice and reading homework.

Recommended text: Light on Pranayama by B.K.S. Iyengar

Prerequisite: For intermediate pranayama practitioners. Must have completed one of the following classes - "Breathing Awareness," "Pranayama 1," "Pranayama, Subtlety" or have instructor permission.



Todd Jackson brings to class his bodywork training and experience in assisting others to feel greater ease, comfort and joy in their bodies. A graduate of the Advanced Studies Program at the Yoga Room in Berkeley, Todd's ability to see and understand bodies has earned him a reputation as a teacher who can adeptly guide students out of their trouble spots and into a healthier, more integrated experience of themselves. Teaching since 1997, Todd presents vigorous classes of thoughtfully sequenced poses with detailed alignment cues. Please feel free to contact him with any questions at 503-234-2020.

Registration

Name _____
Address _____
City _____ Zip _____
E-mail _____
Day phone (____) _____
Evening phone (____) _____

To register, make your check payable to Todd Jackson in the full amount and send it along with this registration form to:

Portland Yoga Arts
Attn: Todd Jackson
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Portland, OR 97213