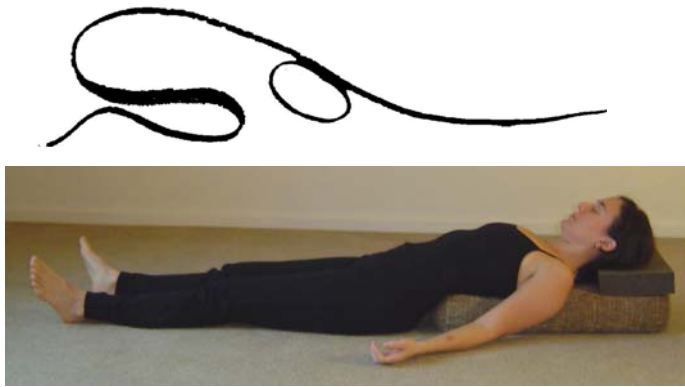


Pranayama: Awakening the Subtle Body

with Ellen Pfeffer



Saturday, November 15, 2008

2-5 pm

Sacred Spaces Yoga Center

325 Main St., Metuchen, NJ 08840

732-494-1510

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The ancient yogis discovered an entire universe existing within the breath. They recognized that regulating the breath was a useful and effective technique for managing the mind, inducing meditative states, and ultimately awakening the Subtle Body, revealing the wonders of our life energy.

Through gentle movement, passive, propped and restorative postures, we will explore the various methods of Yogic Breathing Practice, including Ujjayi Pranayama; Viloma I & II from the Iyengar system; and Viloma, Anuloma and Pratiloma Ujjayi from the Viniyoga system. Bandhas, Breath Ratios, Kumbhaka and Pranayama sequencing techniques will be introduced.

Suitable for All Levels

Registration: \$40 for early sign-up; \$45 per person at the door.



Ellen Pfeffer

About the Teacher

Ellen is a passionate and dedicated student of the Yoga tradition. She has studied and practiced with Raji Thron (Yoga Synthesis™), Erich Schiffmann (Advanced Teacher Training), Dharma Mittra (Classical Hatha Yoga), T.K.V. Desikachar (Viniyoga), Richard Freeman (Ashtanga Vinyasa), Jonas Westring (Thai Yoga Bodywork), Joseph LePage (Integrative Yoga Therapy), Angela Farmer, John Friend, Ana Forrest, Shiva Rea, Kali Ray (TriYoga™) Max Strom, Aadil Palkhivala (Senior Iyengar Teacher), and other inspiring teachers.

Ellen's Vinyasa approach uses breathing in relationship to movement and stillness as the foundation of yoga practice. She interweaves elements of active, passive and Restorative Yoga with intuitive awareness and alignment principles to create a unique and fulfilling yoga experience.

In June 2004, Ellen completed a Restorative Yoga Teachers' Training with Sudha Carolyn Lundeen at Kripalu, in Lenox, MA. In May 2006, she participated in an Intermediate Teachers' Training with Aadil Palkhivala, in Bellevue, WA. Ellen holds certifications from Yoga Synthesis™, Shri Yogi Dharma Mittra and Kripalu Yoga, and is registered with Yoga Alliance.

For information regarding Masala Yoga Classes , Workshops & Retreats, & Masala Restorative Yoga Teachers' Training, please visit www.masalayoga.com, or call 973-226-4455.



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