

MARLBOROUGH  
**YOGA**

## FREE ONLINE SHAVASANA AND UJJAYI PRANAYAMA SESSIONS

A FREE 30-MINUTE SHAVASANA WITH GUIDED AWARENESS AND UJJAYI PRANAYAMA PRACTICE WEEKLY. THE SESSION WILL START WITH A GUIDED AWARENESS IN SHAVASANA AND THEN GO INTO ONE OF YOGA'S ANCIENT BREATHING PRACTICES, UJJAYI PRANAYAMA.

These sessions are open to anyone who wishes to boost their immune system, quiet their mind and settle in their body.

All are welcome!

**THURSDAYS AT 5:00PM**

**Shavasana with guided awareness:** Shavasana provides you with a deeply restful relaxation. This guided awareness cultivates a healing experience as well as an inner expansion into consciousness.

**Ujjayi Pranayama practice:** You need to breathe. If you have any aches or pains, any injuries or illnesses, if your mind is racing much of the time or your anxiety and stress level is high - all you need to do is more breathing. Specifically, you need to do more yoga breathing. By doing 20 minutes per day, you get the aerobic benefits of exercise, without having to tighten your spine.

Join Zoom Meeting

<https://zoom.us/j/577803361?pwd=aHBMMkFCWVZbUFSeHdSYkU4Z2phQT09>

Zoom Meeting ID: 577 803 361 - Password: 545086

Join whenever you can to boost your immune system!

