



# **Pranayama and the Chakras**

## **with Phillip Xerri**

Hosted by Yoga with Sharon

Imperial Rooms, Matlock, Derbyshire DE4 3NL

25<sup>th</sup> June 2016

Investment £40 (Booking essential)



**Muladhara**

Chakras are centres of pure Prana: Pranayama is the quintessential Yoga practice whereby Prana is controlled and manipulated. Thus, Pranayama becomes a powerful tool in being able to connect with, and influence Chakra energies.

This workshop will explore this connection from four perspectives:

- 1/ Combining sectional breathing, prana mudras and mantras to work on the Chakras individually and collectively.
- 2/ Classical Pranayama – Ujjaii, Bhastrika and Bhramari and their influence on specific Chakras.
- 3/ Basic Chakra Pranayamas with some variations and extensions.
- 4/ Prana Kriyas and ways of combining these practices.

We will also look at ways of 'grounding' Chakra energies.

There will be Asana and Relaxation interspersed throughout the day.

The workshop comes with a full set of handouts covering all of the practices.

The day is suitable for students/teachers with at least 2 years Yoga experience

**About Phillip**



Phillip has been teaching Yoga since 1976. He started with Philip Jones in Cardiff, studied in India with Dr. Swami Gitananda and then trained with the BWY in 1986. Before all this he studied with various Meditation Schools and also obtained a degree in Yoga and Eastern Religions at Lancaster University. He has always seen Pranayama as the energetic and contemplative heart of yoga practice and as such his teaching aims to explore the deeper aspects of Pranayama in a logical and progressive way but without losing any of its power and poignancy.

Please bring your own lunch. Tea and coffee will be available throughout the day.

For further information, please email [sharon@sharonprice.com](mailto:sharon@sharonprice.com)

*Event hosted by Yoga with Sharon*



---

**Booking form**

**Name**.....

**Address**.....

**Email**.....

**Phone no**.....

I would like to book a place on 'Pranayama and the Chakras with Phillip Xerri'

Contact me for bank transfer details or send a cheque payable to 'Sharon Price' and return to:

Sharon Price - 2 Masson Terrace, Tansley, Derbys, DE4 5FH