

# October



## Thai for Two Workshops



10/6 Head and Neck  
10/27 Low Back  
11/4 Full Body Focus  
2-5pm

Tuition: \$80 per double/  
per workshop, or sign-up

for all three workshops for \$200. \$45 per individual,  
or \$120 for all three workshops.

## Healing Mantra and Pranayama

### 3 Day Intensive Workshop



10/12-10/14  
Friday-Sunday,  
9:15am-5:15pm

Tuition: \$525  
Register Online

## Intro to Hand Balancing



10/20  
Saturday, 2-4pm

Tuition: \$30  
Register Online

## Yoga 101 Series



10/21-11/18  
Sundays, 7-8:15pm

Tuition: \$80  
Register Online

## Teacher Training Info Day

### 200/500 Hour Foundations + Sattva Vinyasa

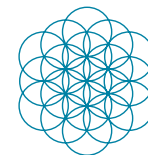


10/27  
Saturday, 10:45am

Register Online

Deepen your practice,  
Transform your life,  
Practice what you teach,

and Teach what you live! Join the Pranayoga Family!



**prana**YOGA  
INSTITUTE OF YOGA AND HOLISTIC HEALTH

One Breath. One Community. Every Body.

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