

# 'The Asanas & Positive Thinking'

with Ginny Moffett

The Space Yoga Studio, 4 Upper High Street, Thame

15th May, 2010

2pm – 5pm

£25.

A workshop focussing on the use of positive affirmation whilst practicing the asanas (yoga postures). Exploring how this approach can help integrate body, mind and heart towards the state of union which is Yoga.



*"I move with grace & ease"*



- Opening with Pranayama (breathing exercises) and OM Chant.
- Practice of Asanas with the use of positive affirmations.
- Guided Relaxation (Yoga Nidra)
- Pranayama (Alternate Nostril Breathing)
- Silent Breath Meditation

FOR MORE INFORMATION OR TO BOOK A PLACE

CONTACT THE SPACE

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Or book online [www.thespacethame.com](http://www.thespacethame.com)