

"THE BANDHAS" A YOGA FLOW PRACTICE WITH GABRIEL BENJAMIN

AT SEASIDE YOGA SANCTUARY

10/13, 1-3:30 PM



To increase prana, core strength, focus, and the ability to move lightly in asana, there is no better practice than that of Tri Bandha. This practice will include powerful asana and pranayama sequence that will incorporate Tri Bandha in both stillness and movement. This program is recommended for students with some intermediate yoga experience and not for people with acute wrist or shoulder injuries. \$35 early Reg (10/7) \$45 after. Students are welcome to apply for a scholarship before hand if needed. Contact Gabriel to apply for a Yoga Scholarship! mistergabriel@yahoo.com 831 454 6573.

Gabriel Benjamin has been teaching since 2001 and leads workshops and retreats around the world. Gabriel holds five certifications in Yoga and Ayurveda and has studied the graceful science of flow and alignment from the TriYoga® lineage. Gabriel also has been both a student and a teacher in the Kerala Ayurveda Academy. His classes are both challenging and meditative, leaving students feeling grounded and empowered.

Seaside Yoga Sanctuary

<http://www.seasideyogasanctuary.com/> 360 Fremont Blvd, Seaside