

# LAINIE DEVINA ONLINE STUDENT MENTORSHIP

AN EIGHT-FOLD PATH MASTERY OF EVERYDAY

DECEMBER 2018

## PRACTICAL PRANAYAMA

“When the breath is unrestrained, so is the mind. On the contrary, when the breath is under control, the mind will be tamed as well.”  
~Hatha Yoga Pradipika

Pranayama or Breath Control: A practice that teaches us to use our breath as a tool to balance our nervous system. Our autonomic nervous system controls the heart rate, glandular secretions, respiration digestion and blood pressure.

As our breath is intimately connected to our mind and body, pranayama helps us clear the mind to rejuvenate and regulate our body's prana (life force or energy).

### DATES/TIMES

DECEMBER 04 11 18

TUESDAYS 12:00 - 1:30 PST

### TUITION

MONTH 3 \$75 ENROLLMENT begins November 15

### BENEFITS

Below are some benefits of the practice of Pranayama:

- Reduction of anxiety and depression
- Increased energy levels
- Overall muscle relaxation
- Lower blood pressure
- Stress reduction
- Stimulates digestive fire
- Improved mental focus
- Stabilizes moods

### PREREQUISITES+

- Minimum of 1 year yoga practice
- Must have live video access using Zoom
- Yoga Teachers welcomed & encouraged
- One-Year Access to Video Archive
- Daily Homework Commitment  
\*15 minutes + weekly email turn in

\*The next months enrollment will be offered to active students 3 days before enrollment is open to the public

\*eNews subscribers will be invited to enroll 1 day before the public: [lainiedevina.com/eNews](http://lainiedevina.com/eNews)

