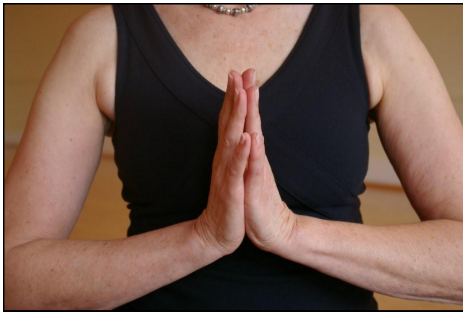


## Source Yoga presents:



### Live More Fully!

#### Pranayama with Amy Petty

As a part of our Sunday Night  
Expand Your Mind Series

March 1st-22nd 7-8pm Cost: \$50  
(25% discount for members)

Pranayama is the practice of controlling our energy through various breathing techniques. Through this invigorating and healing practice, we can expand our capacity towards mental and physical balance, and stress management. Experience how pranayama can help cultivate, sustain and enhance the life force (prana) within! Each class will include some gentle yoga practice and complete with meditation and deep relaxation.



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