

Source Yoga Presents:
*The Art of
Conscious Breathing*

Saturday, June 7th

Time: 1-5pm

Cost: \$45



The Art of Conscious Breathing With Najeea Leslie

Source Yoga

Source Yoga

2712 N. 21st St. Suite A

Tacoma, WA 98406

253-756-8066

www.sourceyogaonline.com

info@sourceyogaonline.com

Delve into the experience of breathing fully and see how it influences your state of mind, health and vitality. Reduce stress, strengthen your immune system and deepen your ability to focus with even the simplest breathing practices.

This in depth workshop will begin with yoga postures and breathing to prepare ourselves and then we'll take a look at the anatomy and physiology of respiration. The second half of the class will include a simple and safe breathing practice, some deep relaxation and then meditation. There will be plenty of time for discussion and questions. You will leave the class feeling comfortable doing a basic breathing practice on a regular basis by yourself. This class is open to beginning and experienced yoga students alike. There will be modifications offered as needed so that everyone can practice at their own level and benefit from this transformative work.

Najeea Leslie has been studying healing practices for over 17 years with a special interest in breath work. She has been teaching yoga since 1994 and doing massage therapy since 1993. Her bodywork specialty is a Taoist abdominal massage technique called Chi Nei Tsang, which teaches that the first principle of healing is breathing fully. Her work has been profoundly influenced by the philosophies of Traditional Chinese Medicine and yoga; both will be reflected in this class. Najeea has a deeply held belief in our ability to heal ourselves and dedicates herself to empowering her students in their own self-care and realizing their potential for healing themselves.