

# THREE SEASONS AYURVEDA



## THE POWER OF BREATH

YOGIC BREATHING WORKSHOP

*PRANAYAMA*



Saturday, June 7th, 2025

2:30-4 pm

[Santa Monica Yoga](#)

1640 Ocean Park Blvd.

Santa Monica, CA. 90405

310-396-4040

Register @ <https://santamonicayoga.com/events>

Early Bird before 5/31- \$25, After \$30

Yogic breathing, known as pranayama, has been practiced for thousands of years and is often called “Conscious Breathing.” It is vital because the breath holds Prana (the life force), carrying our presence, awareness, creativity, and intelligence while bringing balance and harmony to the body, mind, and spirit.

*“Our breath is the first and last thing we do in our lives; without breath, there is no life.” BKS Iyengar*

During this workshop, I will introduce you to this practice, one of yoga's eight limbs (steps). We will start with a rejuvenative yoga sequence to prepare the body and mind, followed by a conscious breathing practice that brings calmness and introspection, relieves stress and anxiety, and benefits the respiratory, cardiovascular, and nervous systems. This workshop is appropriate for students of any level.



Jeff Perlman is a Clinical Ayurvedic and Panchakarma Specialist, Massage-Marma Therapist and AHG Herbalist, Iyengar Yoga instructor, IAYT and AyurYoga Therapist, Certified Nutritional Practitioner, and Cordon Bleu Chef ~ [www.threesesonsayurveda.com](http://www.threesesonsayurveda.com) ~ 310-339-8639 ~ [jeff@tsayurveda.com](mailto:jeff@tsayurveda.com)