



DEVELOPING & MAINTAINING A PRANAYAMA PRACTICE WITH MATT GLUCK

This workshop will be an opportunity to learn/revise and enjoy pranayama practice for an extended period of time, instill the basic principles and clarify any 'grey areas', so as to promote confidence in breath work for self practice, class and all other areas in life.

You will be inspired to enjoy the simple nature of breath and to appreciate its role in vitality. The session will incorporate many of the common methods of pranayama practice, which when combined, promote understanding of how the breath can be used as a gateway to improved health and a relaxed and free mind.

ABOUT THE TUTOR:

Matt Gluck has been practicing the healing arts since childhood when he learned pranayama and meditation to help with chronic asthma. He has been teaching Chinese martial arts, including Shaolin, Tai Ji, Qi Gong and Nei Gong for twenty six years and Taoist and Hatha Yoga for sixteen. He teaches in London and around Hertfordshire, has mentored for one of the top yoga centres in London, written regularly for Yoga Magazine International and worked with a broad range of people, including the terminally ill and special needs children.

SUNDAY 16TH DECEMBER / 2-5PM / £20 MEMBERS / £30 NON-MEMBERS

- PLEASE BOOK AT RECEPTION -

MUSWELL HILL / LABSPA.CO.UK / 020 8482 3000