

YOGA WORKSHOP USING RINGS

SATURDAY, SUNDAY - JUL 27, 28, AUG 10, 11, 2019 – 1.30PM -430PM

with PRANATI PRATAP



Ring is a unique prop as it tells you about both the movement and the action simultaneously, and gives an added tactile sensitivity through yogic actions and thoughts.

- **Prashant Iyenger**

I have been practicing Yoga with rings for over a decade now and have found it to be an exceptional prop. It develops a great sensitivity by giving true feedback as you approach and stay in the pose. It helped me immensely in my practice in furthering my understanding of Asanas and Pranayama.

Exploration with the rings continues in my yoga journey, giving me new insights, creating deeper sensitivities, and receiving the joy that creativity imparts. With Prashantji's encouragement, I have created a seven-part instructional video series. In the honest hope of inspiring and motivating everyone to practice and explore, I am teaching a series of four classes based on the videos. These videos will be shared with all the participants, allowing everyone to practice and explore further on their own.

Pranati Pratap

Location: Shakti Yoga & living arts
1861 Springfield Avenue Maplewood, NJ 07040
(Please DO NOT call the Shakti Yoga studio).

Contact: pranatipratap@gmail.com

Price: \$ 190 all 4classes, \$ 110 - 2 classes, \$ 60 - 1class
Class 1 and 2 are pre-requisite for class 3 and 4.
Accepted in cash or check payable to **Pranati Pratap**
(Can mail to - **10 Waterside Plaza, 27F, New York NY 10010**)

Everyone is welcome. If possible, please bring your own rings, mat, belt, block and blanket.