

1-day Workshop: Breath Better, Live Longer ***with Rudra Shivananda***



**Live a life protected from stress and ill-health
Cultivate Strength and Wisdom**

Life Force or *Prana* is that which enlivens our bodies – without it, we become diseased and die. Although *prana* is not in chemical or physical form, it can be absorbed, stored and converted into forms that heal and power the physical body.

The Yogis of India have developed and taught powerful, simple and beneficial practices which enable the control and expansion of the life-force in the breath, to rejuvenate the body and transform our emotional, mental and spiritual being.

In this workshop, you will learn advanced techniques to safely and gradually increase the body's capacity to absorb life-force, by first purifying the energy and physical bodies. Then the energy channels are cleansed and expanded to enable the passage of larger amounts of life-force. Then the keys to absorb, store, transform and distribute *prana* are revealed. A forty-five minute life-enhancing and integrated practice is provided for student to utilize the principles and techniques from the workshop.

Rudra Shivananda is dedicated to the service of humanity through the furthering of human awareness and spiritual evolution. He teaches that the only lasting way to bring happiness into one's life is by a consistent practice of awareness and transformation. He has committed himself to spreading the message of the immortal Being called *Babaji*. He teaches the message of World and Individual Peace through the practice of *Kriya Yoga*. As a student and teacher of yoga for over 30 years, he is a member of *Babaji's Kriya Yoga Order of Acharyas*. He is also trained as an *Acharya* or Spiritual Preceptor in the Indian *Nath* Tradition, closely associated with the *Siddha* tradition as well as a Reiki Master with expertise in the healing and spiritual uses of gemstones and essential oils. He lives and works in the San Francisco Bay area, and has given initiations and workshops in California, Colorado, Washington, Hawaii, Ireland, India, England, Japan and Spain, as well as authored four books on self-Healing: "*Chakra* self-Healing", "*Surya Yoga*", "Breathe like your life depends on it !", and "The Yoga of Purification and Transformation."

Cost of Workshop: £70.0