

# Yoga Pranayama Workshop

**Paul Moore \***

This five-session workshop offers an introduction to the foundational practices of Pranayama.

These gentle yet powerful breathing practices may support a wide range of health benefits, including reduced anxiety, stress, and nasal congestion, while improving digestion, elimination, blood pressure, sleep, lung capacity, immune function, and overall well-being.

**Workshop Schedule** (all classes 90 minutes)

- **7 PM – Wednesday June 24, Thursday June 25, and Friday June 26**
- **9 AM – Saturday June 27, and Sunday June 28**

**Cost** Pay at [paypal.me/paulmoore1812](https://paypal.me/paulmoore1812)

Or Zelle ID: [pm1rclimber@gmail.com](mailto:pm1rclimber@gmail.com)

- Early bird special \$50 for all five classes (offer ends June 15)
- \$65 for all five classes
- \$14 single-class drop-in

**Location** Volk's Yoga and Pilates Studio \*\* (541) 272-0489  
Stanley Building, Suite B  
615 SW Hubert St in Uptown Newport, Oregon

## Preparation

Pranayama is best practiced with an empty stomach, bladder, and bowels. The practices are gentle yet powerful and suitable for a wide range of ages and body types. Each class includes simple lower-body movements to support a comfortable seated position. Sitting cross-legged on the floor is preferred, though modifications are welcome.

Pranayama is an intimate conversation with life itself. Each breath becomes a bridge between body and mind. As the breath steadies, the nervous system softens, the body remembers how to relax, and the mind grows calm and clear. Breathing with awareness can awaken circulation, release tension, soften tissues, and invite vitality into forgotten spaces within ourselves.

**\* Paul Moore** began practicing yoga at age 57 and has continued for more than 17 years. Pranayama played an important role in Paul's preparation for the *2016 International Yoga Sports Asana Championship*, where he became champion of the Men's 50+ division. Paul completed teacher trainings with *Vivekananda Yoga* and is certified with *Yoga Alliance (E-RYT® 200, RYT® 500, YACEP®, PHY 300, PHY Coach L1)*. Questions about the workshop? Email Paul at [pm1rclimber@gmail.com](mailto:pm1rclimber@gmail.com)

**\*\*** All workshop attendees must have a liability release form on file with *Volk's Yoga and Pilates Studio*.