

# Meditation and Breath Workshop



Have you tried to meditate and find that it is an exercise in thinking? Meditation is a practice beyond mind and thought, yet we need mind-quieting and mind-concentrating techniques, including pranayama (breathing exercises), to take us to a place beyond the field of mind. Want to come? This is a great class for newcomers to the practice as well as those seeking to renew their relationship with meditation. It is also highly recommended for newer yoga teachers and teacher trainees.

*Taught by Jill Giri Palmer*

**Saturday, November 18**  
**1:00–3:30pm**

### **Price Options**

**\$45** plus tax (\$48.38) pre-registered

**\$60** plus tax (\$64.50) at the door

*Jill Giri Palmer, E-RYT 500, has taught yoga in New Mexico, Hawaii, and India. She has studied and practiced yoga asana, yoga philosophy, meditation and pranayama, Indian classical music, Ayurveda nutrition and therapies, and Sanskrit in both India and the U.S. over the last 16 years. She received her teaching certification through High Desert Yoga and has studied for several years with teachers in Rishikesh, Jaganath Puri, Pondicheri, and Mysore, India. Her teaching is inspired by the alignment of Iyengar, the organic and authentic explorations of Angela Farmer, Self-awareness, and Aloha.*



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