



AHIMSA CENTER
NONVIOLENCE IN THOUGHT AND ACTION

presents

Pranayama:

Exploring the Yogic Way of Breathing Life Energy

with

Kalpna Shah Korwar

Thursday: October 29, 11:45 am-1:00 pm

Building 1-212

Refreshments will be served

The tenet and technique of *Pranayama* facilitates the synchronization of mind, body, and spirit necessary for self-healing, de-stressing, and rejuvenation. This session with Kalpna Korwar will focus on

- Understanding the basics of Pranayama
- Becoming aware of breathing and self-presence in the Inner space
- Energizing and harmonizing the self by mindful patterns of breathing



Kalpna Shah Korwar is a practitioner and a certified instructor of Yoga, Pranayama and Meditation at Paramyoga center in Pune, India. She is a practicing architect with a graduate degree from UCLA. She is fascinated with the confluence of music, pranayama, yoga, health, ayurveda and design.

Space is Limited to 25 People



RSVP: ahimsacenter@cpp.edu

Co-hosted by

Ahimsa

Student Club