

WE BREATHE YOGA

## PRANAYAMA WORKSHOP SERIES 2026

*An in-depth, three-part workshop series designed to deepen your Pranayama practice and offer an immersive, retreat-like experience.*

*The series unfolds over three Saturdays across three months. Each day can be booked individually, or you may choose to attend the full series at a slightly discounted rate. Sessions will be available in person in London and online via Zoom.*

*The themes closely mirror what I would typically offer on retreat:*

- **Day 1: Rhythms and Therapeutics**
- **Day 2: Energy and Chakras**
- **Day 3: Classic Pranayamas**

### DATES AND TIMINGS

**April 18 · May 23 · June 20**

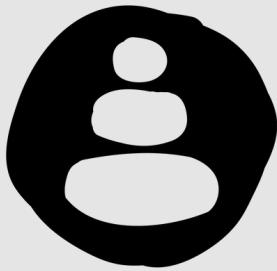
10:30am-2:30pm (two short breaks included)

### WHAT IS COVERED

*While each day can be attended as a stand-alone workshop, it is highly recommended to attend the full series to gain the most from the progression of practices. The practices offered are immersive and in-depth, intended for regular Pranayama students who are already familiar with foundational techniques. **Day 1** covers Gitananda practices working with rhythms and therapeutic applications, including Pranayama approaches commonly used in yoga therapy that can be integrated into your healing journey. **Day 2** explores the systematic and accessible awakening of energy through foundational breathing techniques, with a focus on working with the Chakras. **Day 3** delves into lesser-taught classical Pranayamas, variations, and related practices that may not be commonly covered in regular classes. Some physical movement will be woven throughout each day to support the breathing practices.*

### THE TUTOR

*After studying Yoga in India, my interest became rooted in Pranayama within the Gitananda tradition. Since 2020, I have been teaching weekly Pranayama sessions to my community and offering retreats based on this method, which I also maintain in my own personal practice. I continue to train with my long-standing teacher and mentor, ensuring my teaching remains grounded in lived practice and ongoing study.*



WE BREATHE YOGA

***'Pranayama is the bridge that leads to the deeper dimensions of yoga. It is literally the 'breath of life' and the foundation upon which the energy aspect of Yoga is built and developed.' - P.Xerri***

## LOCATION

*An urban retreat center in NW1 will host us, easily accessible by tube or bus, and via King's Cross station for those traveling from outside London. Mats and props will be provided, and full use of the facilities will be reserved for our group.*

## ELIGIBILITY

*This course is designed to benefit Yoga and Pranayama students and teachers alike and is not intended for beginners. Please reach out if you are unsure of your eligibility, or if you would like to discuss an injury or physical condition in advance.*

## MATERIAL PROVIDED

*A 14-day recording of each session will be provided to all participants, allowing you to revisit the material or access the content if you are unable to attend on the day.*

## PRICING AND BOOKING

### *In-Person Attendance*

*Early bird (all dates – available until February 28): £70 per day · £200 full series*

*From March 1: £80 per day · £220 full series*

*(In-person attendance will be capped at 12 participants to ensure comfort and space)*

### *Online Attendance*

*£55 per day · £150 full series*

## CANCELLATIONS

*Full series bookings (in person or online):*

*Cancel by March 17 for a full refund. No refunds thereafter.*

*Single-day bookings (in person or online):*

*Cancel 4 weeks prior to the workshop date for a refund. No refunds thereafter.*

**FOR MORE INFO OR TO BOOK:**  
**[webreatheyogalondon@gmail.com](mailto:webreatheyogalondon@gmail.com)**