



# IYENGAR-INSPIRED YOGA: PRANAYAMA & PHILOSOPHY

Led by: **Master Teacher Ramanand Patel**



Discover the transformative practice of pranayama through the Iyengar tradition.

- Learn foundational breathing techniques, from beginner to intermediate levels
- Explore Ujjayi, Viloma, and Nadi Shodhana pranayama and more, as taught by B.K.S. Iyengar
- Gain a deeper understanding of breath with guidance tailored to participants' questions
- Explore how pranayama can support self-inquiry and cultivate greater clarity, awareness, and inner stillness



## When:

Saturdays • Aug 15 – Oct 10 (no class on Aug 29)  
10:30 AM – 12:00 PM

## Where:

KARUNA Yoga with Compassion  
1991, Suite I, Santa Rita Road,  
Pleasanton CA, 94566

## Investment:

\$175 for 8 sessions or  
\$25 per session drop-in fee

**Reserve your spot  
today**



## Contact Us

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