

Restorative Yoga and Pranayama - Advancing Your Practice

Two-Session Workshop with Roger Cole, PhD

October 28-29, 2023, 1:30 - 4:30 pm

In Person - Online - Video (San Diego, California)

Roger will teach you how to practice restorative yoga and pranayama synergistically to get more out of both. You will learn how to merge scientific understanding with Iyengar yoga techniques and philosophy to make every asana and every breath an exquisite, life-affirming experience.

Each session will include:

- deep practice of both restorative yoga and pranayama,
- feedback and adjustments,
- explanations of principles and practical methods,
- variations to customize or raise your level of practice,
- valuable tips for teachers,
- question-and-answer opportunities,
- and
- 2 weeks* access to video of the session.

PRICES

Non-Subscribers \$165

Roger Cole Yoga Monthly Subscribers \$115*



You may attend in person (space permitting), online or by video only. Prices are the same.

LOCATION

The workshop will be held in the studio of Yoga One, 1920 Fort Stockton Drive, San Diego, California. For registration or inquiries, please contact Roger Cole Yoga directly (info@rogercoleyoga.com)

HOW TO REGISTER

***Subscribers** please check your email for discount code and registration links.

Non-Subscribers please register using one of the links below:

For **IN PERSON** ATTENDANCE:

<https://rogercoleyoga.punchpass.com/series/30307>

For **ONLINE or VIDEO** ATTENDANCE:

<https://rogercoleyoga.punchpass.com/series/30308>



*You get 4 weeks of access to the videos if you are a monthly subscriber to Roger Cole Yoga or if you have a reservation for Roger's regular weekly yoga class on October 28.