



THE POWER OF BREATHWORK

Yogriishi Vishvketu (Vishva-ji)

August 14–15, 2021

ABOUT THE PROGRAM

Breathwork is one of the most powerful of all yoga techniques. It can release chronic stress and anxiety and help you heal at a deep level. Many of us have been more anxious and sedentary than usual, which can cause imbalance in the body and feelings of fear, limitation, and sluggishness.

Join Himalayan yoga master Yogriishi Vishvketu (Vishva-ji) for a special program to revive and rebalance yourself using the power of breathwork. You will learn how imbalances in our breath can affect our emotional and mental health, immunity, and many other aspects of our existence, and how to use the power of breath to release physical and mental toxicity that can build up during periods of stress.

This powerful tool of breathwork (also known as pranayama) can bring many benefits for well-being relevant to all stages and paths of life. Breathwork:

- balances and helps release suppressed emotions
- releases stress and manages chronic pain
- calms the mind and helps improve concentration-increases immunity
- supports digestive health
- strengthens cardio
- vascular health and builds respiratory/ oxygen capacity
- improves energy and vitality-with many more benefits as well!

You will also explore several other special tools of yoga, including yoga nidra and vedic rituals which have been used by yogic practitioners to release suppressed emotions and program you to reach your highest potential. The word Akhanda means whole and indivisible. Akhanda Yoga Institute teaches a full repertoire of authentic yogic techniques including yogic wisdom, asana, pranayama, mantra, yoga nidra, and meditation, bringing insights and tools from thoughtfully preserved practices into your contemporary yoga practice. Vishva-ji guides you through the process of rebalancing your pranic energy.