



Practices for a Lifetime

## Upcoming workshops with Brooke Zwerner M.Ed

All workshops are Sundays for 3-5 pm (unless otherwise noted)

**The Yoga Studio in Magnolia**

2425 33rd Ave W. Seattle, Wa.

[www.theyogastudioinmagnolia.com](http://www.theyogastudioinmagnolia.com)

(206) 285-3545

\$25 all Yoga Studio students

(with punch cards)

\$35 all others

Pre registration suggested

**May 18th Beginning Pranayama; Purifying the Nadis**

**June 1st As a Candle in the Wind: Using Pranayama to Deepen Meditation**

**June 27th, 28th, 29th Summer Deep Dive into Yoga: A Weekend Seattle Retreat with Lee Atwell and Brooke** (at Ballard studio, more information to come)

**September 14th Beginning Pranayama; Purifying the Nadis**

**September 21st Developing a Pranayama Practice: Directing Prana**

**October 19th Deep Asana; Backbends, Inversions and Balances**

**October 26th Finding Sweetness and Ease in Asana: Working from the Energy Body**

**November 9th Moving Prana: Uniting Mind, Body and Breath: Surya Namaskara Variations**

**November 30th Meditation: Theory and Practice**

**Advancing Pranayama** By Appointment with Brooke: Prerequisites Beginning Pranayama; Purifying the Nadis and Developing a Pranayama Practice: Directing Prana (no charge).

Brooke Zwerner has practiced classical Ashtanga Yoga since 1975, meeting his guru, Baba Hari Das in 1976. Brooke's deep and intuitive knowledge are the fruits of this practice. He has been sharing his love of yoga for over 30 years. Brooke is also a Vedic astrologer, available for consultation. [bcz108@yahoo.com](mailto:bcz108@yahoo.com) (206) 788-6857 or through The Yoga Studio in Magnolia. [www.theyogastudioinmagnolia.com](http://www.theyogastudioinmagnolia.com)

