

# THE PRANA BODY

MARCH 13-14, 2010  
WITH MELISSA SPAMER, ERYT  
AWAKE AND AWARE, LIVING YOGA  
KALAMAZOO, MI



PAINTING BY HARISH JOHARI

This two day workshop will discuss the Indian system of energetic anatomy through marmas, nadis and chakras. We will utilize yoga asana, pranayama, meditation, mudra, mantra, and visualization to create direct experiences of our energetic body. We will learn how the ancient sages practiced yoga to open the energetic pathways and discover what is beyond the limitation of the physical body and ego of mind. Approaching our practice from an energetic awareness rather than a physical one enhances our capacity to heal our bodies and minds through yoga.

We will meet Saturday & Sunday from 9am to 5pm, with a two hour lunch break at 12pm.

Cost of the workshop is **\$165** before February 1, 2010. **\$185** after February 1, 2010.  
Course is limited to 15 participants so register early to reserve your space.

---

Mail your check to:

**Melissa Spamer**, 13108 Neon Avenue, Albuquerque, NM 87112

Name:

Email:

Phone: