

Seaside Yoga Sanctuary presents: Breathing Together: Shared Breath

Saturday, August 11th
1-4pm

Learning to use your breath to connect the wisdom of your body and connect with your partner more embodied way. Develop skills to creating more intimacy, freshness and flow of love with Conscious Breathing!



"A man and a woman sit near each other; as they breathe they feel someone we do not know, someone we know of, whom we have never seen."
- Robert Bly

About Briksha



**Mahendra Briksha, born in small village of Himalaya, is a yogi, certified rebirthing breathwork practitioner, Integral coach and raw vegan chef. In his teaching, Briksha draws from a variety of yogic breathing modalities, including Holotropic Breathwork, Clarity Breathwork, Transformational Breathwork and Anapanasati. He is a longtime Vipassana meditation practitioner and has done several long silent retreats up to 30 days. He has been teaching and leading breathing session and meditation classes for 10 years.*

In this workshop we will explore, learn and practice
~ How to deepen our intimacy and love with our partner as we go in life, rather than making it an old, mechanical routine and stagnation!
~ How to deepen our skill; to communicate, to touch, to be sensitive, to be in present in each moment, to enjoy and grow together

Some of the breathing practices we will cover are:
~Embracing you body and breath and Awakening your inner lover!
~Fostering into intimacy, touching from the inner body, inner body and breath hug. The gift of presence
~Tuning into each other's breathing, speaking with breath words
~Breathing with eye and body contact
~Back to back breathing and belly to belly breathing

Cost: \$75 per couple

Seaside Yoga Sanctuary 1360 Fremont Blvd, Seaside 831-899-YOGA (9642)