



PRANAYAMA:

The Heart of Happiness



with

Mitch Haddad,

*Certified Samapatti and
Sivananda Yoga Instructor*



SUNDAY,
AUGUST 16TH



4:00–6:00 PM



\$35
PER PERSON



Discover the power of your breath.

This workshop is an introduction to pranayama—the yogic science of breath. You'll learn simple techniques to support well-being, restore balance, and promote healing for body, mind, and heart.



All levels welcome.

Come as you are.



Breathe deeper. Live brighter.

CAPE CORAL YOGA & PILATES