

Yoga Workshop on Proper Breathing

by Yoga Master Murugan from Sri Lanka



Yoga master Murugan from Sri Lanka will guide a proper breathing based on the traditional hatha yoga which has been inherited from ancient sages and can be practiced by anyone regardless of age, gender, nationality and other differences.

Learning and practicing proper breathing method will help you not only to enhance your physical and mental health, but also to clear your brain and to encourage precise insight.

Let's experience the positive changes of both your mind and body through this workshop!

May 21 (Sat)

A. 10:30~13:00

B. 16:30~19:00

Fees : 5,000 yen

(including tax and rental yoga mat)

Venue : **yoga shala aùn**

Address: 814-3 Ohama-machi,
Yanagawa City, Fukuoka, Japan

phone: 0944-32-9384

<http://aun-yoga.com/> (Japanese only)

★ Personal Session (Counseling)

Are you interested in consulting with Master Murugan for your life style, health and yoga asanas and practice?

Fees: 10,000 yen for about one and a half hours (tax included)

Please contact **yoga shala aùn** for available date and time.

<< Profile >>

Yoga Master Murugan (Vipulanathan Murugathas)

Born in Sri Lanka, Murugan discovered his passion for yoga and the accompanying spiritual lifestyle at the age of seven. Under the tutelage of his guru, Sri Sithanandh Saraswathi, Murugan received initiation of yoga sadhana for 9 years and acquired profound knowledge of traditional hatha yoga. In order to pursue his passion, Murugan journeyed from Sri Lanka to the Himalayas, gaining advanced spiritual training from several yoga masters. He later completed international yoga teachers' training course from Shivananda Yoga Ashram in India.

In 2015, Master Murugan has established a yoga foundation "Yoga Siddhi," which offers training in the spiritual lifestyle of yoga; innovative yoga techniques; and body and mind balancing methods following the path of Guru parampara lineage.

Students from all cultures, religions and ethnicities are welcomed and Master Murugan aspires to visit many countries in order to share his knowledge of traditional yoga. His mission is to continue the development of an integrated yoga system which incorporates practical philosophy and a holistic lifestyle.

www.yogasiddhi.org



Registration & Contact



yoga aùn cafe

For more information or to register, contact by email or by phone:

Teru Sandra 090-1923-8973 Email: aun2010@bird.ocn.ne.jp

*Enrollment is limited and is confirmed upon receipt of payment.

*Any cancellations will not be refunded.

- * Please contact how to reach the venue (there is no public transport from nearby stations)
- * Please refrain from eating 2 hours before the workshop. Wear comfortable clothes and bring your yoga mat and towel.