

Pranayama is a deep breathing practice originating in a five thousand year old wisdom taught by ancient sages. They recognised that slowing down the breath, calms the mind and the body relaxes.

We enter a more heightened state of meditation which brings a profound sense of tranquility and inner peace to daily life.

Regular practice ensures that we continue to positively influence our health.

....Pranayama is a pathway to living a happy, healthy and peaceful life. It is my honour and privilege to share this ancient knowledge with you.

Sangeeta ❤️



ONE TO ONE



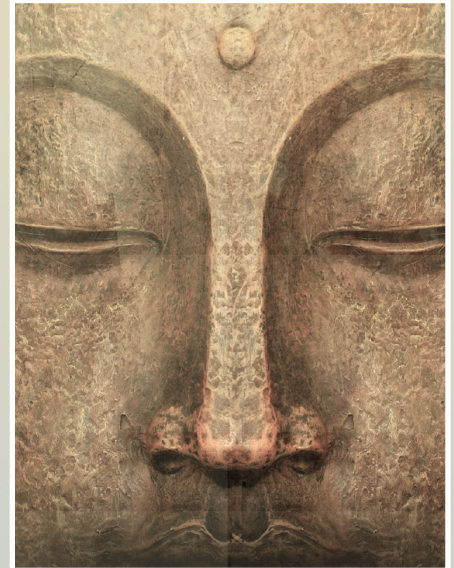
Guided breath work tailored to individual requirements.
Written instruction provided to begin a home practice.
60 minutes £105

Spa Treatments: 01428 602031



PRANAYAMA

BREATH MEDITATION
with Sangeeta



Peaceful
Relaxing
Healing



Most of us shallow breathe, lowering our vitality and increasing stress. Through breathing exercises, **we can reverse this**, encouraging the body to develop a **new breath memory**. The **benefits** are physical, emotional and spiritual and include:

- **Regulated blood pressure** by slowing the breathing and heart rate
- **Strengthened immune system** as toxins are cleared
- **Better circulation** as more oxygen reaches all organs of the body
- **Reduction in stress** and tension.
- Healthy **stronger heart**



- **Better sleep** and greater relaxation through a meditation practice
- **Lymphatic system** stimulation as the diaphragm is used fully
- **Increased oxygen** to the brain reducing fatigue and helping concentration
- **Freedom from negative mental conditions** such as depression and anxiety
- Improved **respiration** and lung health
- Improved **digestive system** and metabolic rate
- Energising the **spine** to assist in spinal wellbeing.



Once learned, breathing exercises become **tools to help you on a daily basis**.

This provides an immediate remedy for dealing with the symptoms of stress and anxiety as they occur.

Take responsibility for your health and wellbeing today, by learning these vital tools for life.

....Sit quietly. Feel stillness within yourself. Commune with the divine music in your heart and the inner silence of your soul. Just breathe...

PranaDeep.co.uk

Reignite Health through
Ancient Wisdom
07889 497421

