

Breathing your life: introduction to Pranayama Week beginning ...	Residents Gardens	Shirley Warren Learning Centre	Highfield	Wessex Cancer Trust Cosham
Tuesday 30th January	Abdominal breathing: working on the core, Muladhara bandha	Abdominal breathing: working on the core, Muladhara Bandha	Abdominal breathing: working on the core, Muladhara Bandha	
Tuesday 6th February	Thoracic breathing: Working on forward bends and inversions, Udiyana Bandha	Thoracic breathing: Working on forward bends and inversions, Udiyana Bandha	Thoracic breathing: Working on forward bends and inversions, Udiyana Bandha	Abdominal breathing: working on the core, Muladhara Bandha
Tuesday 13th February	Clavicular breathing: Working on back bends, Jalandhara bandha	Clavicular breathing: Working on back bends, Jalandhara bandha	Clavicular breathing: Working on back bends, Jalandhara bandha	
Tuesday 20th February	Full yogi breath: the role of Aprakasha Bindu and mudras, flowing with the breath	Full yogi breath: the role of Aprakasha Bindu and mudras, flowing with the breath	Full yogi breath: the role of Aprakasha Bindu and mudras, flowing with the breath	Thoracic breathing: Working on forward bends and inversions, Udiyana Bandha
Tuesday 27th February	Yogasage: stretching practice, working in pairs	Yogasage: stretching practice, working in pairs	Yogasage: stretching practice, working in pairs	