



Nadi Shodhana

A Class Series with Jill Palmer Giri

Thursdays, June 15 – July 20

6:00 – 7:30 PM

In this series of classes, we will explore a routine of postures, breathing exercises and supported poses that purify the subtle energy channels of the body, thus allowing the prana (life energy) to flow freely throughout. Nadi Shodhana, often called “alternate nostril breathing,” will be our primary breathing exercise after yoga postures. The Sanskrit name “Nadi Shodhana” translates to “energy clearing”—purifying the subtle energy channels or nadis thus allowing the prana to flow freely throughout the body. This regular practice strengthens the respiratory system, balances the nervous system, and relieves nervousness, stress, fatigue and headaches while purifying the blood. The mind become peaceful, calm, and at ease.

The poses include back bends, forward bends, twists, hip-openers, and some inversions, as this combination of poses encourages stream of subtle energy movement. This series is recommended for students who have practiced yoga for a minimum of one year.

Fee: \$16 per class or \$82 for pre-registration of entire series (6 classes)

Jill Giri Palmer, E-RYT 500, has taught yoga in New Mexico, Hawaii, and India. She has studied and practiced yoga asana, yoga philosophy, meditation and pranayama, Indian classical music, Ayurveda nutrition and therapies, and Sanskrit in both India and the U.S. over the last 16 years. She received her teaching certification through High Desert Yoga and has studied for several years with teachers in Rishikesh, Jaganath Puri, Pondicheri, and Mysore, India. Her teaching is inspired by alignment yoga, the organic and authentic explorations of Angela Farmer, Self-awareness, and Aloha.



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