

# Advanced Pranayama



Bill the philosopher, he of the keen analytical mind. Of the many I have had the privilege to teach, so few have taken

to the prized and mysterious teachings of pranayama. Who could have known that Bill would be among the very few.

Pranayama is the heart and foundation of my whole yoga practice. I have sought to communicate this to just about everyone I have ever taught. Yet to this day I remain baffled that more yogis do not find their way to this daily ritual of communing with the breath.

So it pleases me greatly that somehow Bill found his way to sharing with me the passion for pranayama I have had for so long. Treat yourself. Drink from the source. Take what you can from the deeply resonant classes Bill has to offer.

—Rodney Yee

**September 25,  
Oct. 2, 9**

**November 13, 27,  
December 4**

Exploring subtleties  
of the breath.

Attendance with permission  
of instructor.

Donation class  
(no requirement;  
no suggested minimum).

the yoga project

**1229 SE Nehalem St.**  
behind Grand Central Bakery  
and the Red Caboose

**[www.theyogaproject.org](http://www.theyogaproject.org)**  
**503-235-1155**