



# Pranayama: The Art of Ancient Breathwork

## Online Classes for Anxiety, Stress, Insomnia and More

If you can breathe, you can take part  
 \*\*Donation based\*\*

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### Weekday Timetable

	7-7.30am	10.30-11.30am	1-1.30pm	2-5pm	6.30-7.30pm	7.30-8.30pm
Mon	Meditative Pranayama			1-to-1		
Tue		Pranayama for Beginners	Pranayama for Digestive Health	1-to-1	Pranayama for Beginners	Pranayama for Anxiety & Stress
Wed		Pranayama for Beginners	Pranayama for Alertness & Energy	1-to-1	Pranayama for Beginners	Pranayama for Better Sleep
Thurs		Pranayama for Beginners	Pranayama to Help Lower BP	1-to-1	Pranayama for Beginners	Mental Strength & Focus
Fri		Pranayama for Beginners	Pranayama for Winding Down	1-to-1		

### Weekend Timetable

	8.30-9.30am	9.30-10.30am	10.30-11.30am
Sat	Pranayama for Beginners	Pranayama for Post-beginners	Pranayama for Complete Beginners
Sun		Pranayama Technique Q&A	

#### Benefits Include:

1. Relief from stress, insomnia, and trauma
2. Improved energy and vitality
3. Increased focus and concentration
4. Reduced anxiety and depression
5. Improved lung function and asthma relief
6. Improved digestion
7. Improved thyroid function
8. Improved diabetes management

To join and get Zoom details, visit

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