

Mudra Yoga



Mudra Yoga Through the fluidity of movement, breath, and stillness, we can experience the internal energies of our subtle bodies. This leads to self-understanding of our own individual mudras and culminates in realization of Mahamudra.

Prajwal Vajracharya will guide you with movement, gestures and positions from his lineage of deity yoga, which is for refinement of the emotions, and deepened body and spiritual awareness. No experience needed, dress comfortably

For more information call 503-233-3703
or email prajwal@dancemandal.com