

Karma Is Chemistry

Dearbhla Kelly M.A.

Most of us are unaware that our emotions are determined by a complex choreography of neural pathways, electrical charges and chemical reactions. The body produces its own drugs which drive and affect our behavior and yoga techniques can affect those drugs.

We will begin with some pranayama followed by a short meditation and then discuss the neurobiology of behavior and emotions and how yoga practice gives us the tools to affect our neurobiology and create happier, more peaceful lives.

We will round out the session with a dynamic vinyasa flow practice to enhance feelings of open-heartedness and wellbeing. Expect to leave feeling radiant and uplifted.