

## **Qigong Connection September 14, 2013**

***Raise your vibration - Live your best life!***

***An interactive talk with Dec Barry***

Yoga, postures, asana, prana, pranayama, prana shakti, chakras, concentration, meditation, what's it all about? How do these practices help us fathom the deeper meanings and purpose of life?

Let's examine these terms more closely and see how the various pieces of the yoga puzzle fit together and help us to raise our vibration, elevating us from our primitive state, improving the quality of our lives, and ultimately leading us to living a life of fulfillment and purpose.

### ***Dec's Bio:***

Dec took his first yoga class in Ireland over 40 years ago. For Dec, yoga is about increasing consciousness and gaining awareness to fully pursue one's dharma, one's true purpose in life and to recognize one's true self. Dec's teaching style recognizes the overall goal of yoga, self-realization, within the realm of the yoga class—the true purpose of a yoga practice as a life practice, rather than a routine of physical poses.

The yoga journey has brought Dec to study with many senior yoga teachers here in the United States and on to study with the masters of the art in India. He has taught yoga for over 30 years.