

# MAHĀPRĀṆĀ



**PRĀṆĀYĀMA & THE POWER OF YOGA**

**JAN - DEC 2017**

**AN ADVANCED ONLINE IMMERSION  
FOR YOGA TEACHERS & YOGA TEACHER TRAINERS**

There is one intangible element in every human being that connects the domains of body, mind, vital energy and spirit: the breath. The power of breath and therefore of Prāṇāyāma practice can thus never be underestimated, as it works profoundly on all these levels of human existence. A correct Prāṇāyāma practice can therefore not only increase longevity and your energy levels in daily life, but it can be a profound tool in calming mental and emotional agitation, decrease imbalances on any level and ultimately help you to connect with the purusa, the spiritual anchor in the heart.

In the traditional times it was said that after you grew up the major part of your yoga practice should consist of Prāṇāyāma, as it ensures stamina and health during the trials of daily life. Yet, in our contemporary times, Prāṇāyāma is often ignored or not given the importance it deserves, and therefore is not often covered in depth in many training programs and practice classes.

This online **certification program** is aimed at providing such a platform for serious practitioners to explore this topic in detail. The program will last a period of one year with two meetings each month. Each meeting will constitute two sessions of 50 minutes each, through which this theme will be explored in detail. At the end of each session a Prāṇāyāma practice will be offered, which will need to be practiced by the practitioner until the next session. Guidelines of self-observation on the effects of such practices will also be provided and participants shall also be offered opportunities to explore these further.

The main themes covered in this course will be the following:

**The Concept of Prāṇa**

**Pre-requisites for Prāṇāyāma**

**Classification of Prāṇāyāma**

**Bandha-s in Prāṇāyāma**

**Prāṇāyāma as Meditation**

**Prāṇāyāma & Spirituality**

**Definitions of Prāṇāyāma**

**Components of Prāṇāyāma**

**Samkhya in Prāṇāyāma**

**Prāṇāyāma & Mudrā-s**

**Prāṇāyāma in Yoga Therapy**

**Purposes of Prāṇāyāma**

**Detailed Prāṇāyāma Techniques**

**Duration in Prāṇāyāma practice**

**Prāṇa & Kuṇḍalinī**

**Mantra-s in Prāṇāyāma**

This one year immersion and certification program will be most useful to serious students and practitioners of Yoga, as well as Yoga Teachers and Trainers who are wanting to take their practice to the next level. A certification of Participation will be issued to all participants who complete the entire training program. All sessions will be conducted through Skype Audio mode. Assistive handouts will also be provided prior to each session. An audio recording will be sent to the participants for further reference and archiving.

## DATES

**Mondays 4.00 - 6.00pm**

<b>16 Jan</b>	<b>30 Jan</b>	<b>13 Feb</b>	<b>27 Feb</b>	<b>13 Mar</b>	<b>27 Mar</b>	<b>10 Apr</b>	<b>24 Apr</b>	<b>08 May</b>	<b>22 May</b>	<b>05 Jun</b>	<b>19 Jun</b>
<b>03 Jul</b>	<b>17 Jul</b>	<b>07 Aug</b>	<b>21 Aug</b>	<b>11 Sep</b>	<b>25 Sep</b>	<b>09 Oct</b>	<b>23 Oct</b>	<b>06 Nov</b>	<b>20 Nov</b>	<b>04 Dec</b>	<b>18 Dec</b>

Participants who find it difficult to join in for the sessions owing to scheduling conflicts or time differences, may still be able to participate by listening to the recordings. They may email with any clarifications or questions. Participants can also choose the option of listening to recordings only if the time in their country of residence does not suit them. On certain days, where Dr. Kausthub Desikachar will be traveling, and hence is unable to conduct the planned session, a recording of an earlier session will be sent out.

## DONATION

**€83.60** per month (two sessions). Cost includes payment for sessions including audio recordings of each session. Payment must be made prior to the each session. Payments will have to be made only through **Paypal**.

Interested participants can kindly send their **Full name, Email Id and Choice of Batch** to [yoga@kausthub.com](mailto:yoga@kausthub.com)