

## 2022/23 Pranayama Training

**Stephen Thomas - ZOOM Online Format (also with Recorded Material)  
more than 100 HRS live and recorded**

### Course Curriculum

The content of this Training covers:

- In-depth technique of the Traditional Pranayamas and Kriyas of Hatha Yoga
- In-depth look at various Dharana/Meditation techniques relate to breath and Prana Vidya\*
- In-depth study of Bandhas, Kumbhakas, Timing, Ratios
- Work with some Modern techniques and how to effectively use them (eg. Wim Hof)
- Sequencing for yourself - how to grow your practice over time, respond to seasons, life, etc
- Key Asanas to open Breath Body, influence proper breathing, stabilize the seated position
- Merging Asana and Pranayama effectively
- Working with simple challenges (eg. tight breath, imbalances between right/left side, etc)
- Working to help with certain conditions (eg. hyper-tension, asthma, mild depression, etc)
- Morning versus evening practice considerations
- Using the Internal Cleansing Kriyas - the Shatkarmas of Hatha Yoga
- Ayurvedic perspectives relative to breath
- Anatomy of Breath
- Pranayama and the Nervous System
- Pranayama and the Chakra System, Vayus, Nadis
- Supine Pranayama and guidance into Savasana
- Chanting and Mantra

*All material is covered in an extensive Manual on Pranayama (offered in pdf format).*

What you Need for this Journey:

- A Yoga Mat
- A Yoga Bolster
- Two Yoga Blocks
- One Yoga Strap
- Two Firm Blankets
- Eye Cover (silk or wrap)

### Training Requirements & Expectations

#### Please Read

This is a Training for Yoga students/teachers that wish to dive deep into this specific area. The course offers direct, clear support on how to sequence, modify and provides the tools for exploring Pranayama properly and in-depth.

Stage One (Can be taken alone)

Stage One is a 5-month personal journey through these subtle practices. You should have enough experience and time to be ready for that journey. There is an expectation that you practice regularly between the modules. Otherwise, you miss the depth and effect this work can have.

Modules 1-5 can be attended live on the ZOOM, **OR** watched as a recording at your convenience at your own time. Recorded material is sent between the Modules to follow along.

Stage Two (Stage One must be completed fully)

If you wish to teach Pranayama, a Stage 2 (Modules 6-8) course is available directly after with 3 Modules specifically looking at how to teach, sequence, and working effectively with Pranayama in a course or private setting. If you are doing the Stage 2 “teaching” Modules (6-8) attendance live on the ZOOM session is mandatory since we work often break out groups and have

discussions in real time (questions and answers). There is also homework and follow up in the Teaching module. There are some readings required and some self study time which is guided through subjects that are offered according to various themes throughout the Training.

*You will be certified by Stephen Thomas (E-RYT through Yoga Alliance) (SVARUPA YOGA). The combination of the detailed course Manual, the Training hours, sequences, and group study, gives the clarity and confidence to offer this work in group and/or private settings. There will be continued studies and support offered through SVARUPA YOGA and a community of supporting student/teachers is cultivated to grow in this field.*

## **Dates for 2022/23 PRANAYAMA TRAINING All times are Central European Time Zone**

### **Stage One - 2022 (attend live or watch the recorded session)**

#### **In August, approx. 4 weeks prior to Module One, there will be Pre-Course Preparation:**

recorded video guidance, written guidance & sequences plus some reading material. You can do this work at your convenience.

#### **Module 1**

Friday Sept 2 / 6.30pm - 8.30pm

Saturday Sept 3 / 7.30am - 10.30am

Sunday Sept 4 / 7.30am - 10.30am

*Between each module, recordings are used to keep you on track with sequences, audio/video, written practice and text guidance. (approx 8 hours recorded work)*

#### **Module 2**

Friday Sept 30 / 6.30pm - 8.30pm

Saturday Oct 1 / 7.30am - 10.30am

Sunday Oct 2 / 5.30pm - 8.00pm

*Between each module, recordings are used to keep you on track with sequences, audio/video, written practice and text guidance. (approx 8 hours)*

#### **Module 3**

Friday Oct 28 / 6.30pm - 8.30pm

Saturday Oct 29 / 7.30am - 10.30am

Sunday Oct 30 / 7.30am - 9.30am

Sunday Oct 30 / special short evening practice

*Between each module, recordings are used to keep you on track with sequences, audio/video, written practice and text guidance. (approx 8 hours)*

#### **Module 4**

Friday Nov 18 / 6.30pm - 8.30pm

Saturday Nov 19 / 7.30am - 10.30am

Sunday Nov 20 / 7.30am - 9.30am

Sunday Nov 20 / special short evening practice

*Between each module, recordings are used to keep you on track with sequences, audio/video, written practice and text guidance. (approx 8 hours)*

#### **Module 5**

Friday Dec 9 / 6.30pm - 8.30pm

Saturday Dec 10 / 7.30am - 10.30am

Sunday Dec 11 / 7.30am - 9.30am plus closing ceremony

**Phase 2 - 2023 (Teaching Pranayama Methodology, Sequencing, Special Conditions)  
mandatory attendance live and some homework)**

**Module 6**

Friday Jan 20 / 6.30pm - 8.30pm  
Saturday Jan 21/ 7.30am - 11.00am  
Sunday Jan 22 / 7.30am - 11.00am

2-month Winter\*\* Pause with Reading, Homework, Sequencing Programs & Video Guidance  
Ayurvedic Support

**Module 7**

Friday March 17 / 6.30pm - 8.30pm  
Saturday March 18/ 7.30am - 11.00am  
Sunday March 19/ 7.30am - 11.00am

Reading, Homework, Sequencing Programs & Video Guidance, Cleansing and Detox Program  
Optional.

**Module 8**

Friday April 14/ 6.30pm - 8.30pm  
Saturday April 15 / 7.30am - 11.00am  
Sunday April 16 / 7.30am - 11.00am

**Cost Information**

2021/22 Training Fees  
Phase One only (Modules 1-5) 700 CHF  
Entire Program (Modules 1-8) 1080 CHF

Non-refundable\* Deposit upon registration - CHF 350  
Balance Due 1 month prior to Module 1.

\*Refunds of Deposit allowed in circumstances of pregnancy or an illness which prevents the  
capacity to attend the Training.

Please contact Stephen directly at [stephenthomasyoga@gmail.com](mailto:stephenthomasyoga@gmail.com) in order to register.