

## 2023/24 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 vs. Traditional Yoga Practices
- 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
- Working with common challenges (eg. tightness of breath, imbalances, stress, poor sleep)
- Working to help with certain conditions (eg. hyper-tension, depression, insomnia)
- Morning versus Evening considerations, working with Moon Cycles and Seasons
- Using the Internal Cleansing Kriyas - the Shatkarmas of Hatha Yoga
- in-depth Ayurvedic perspectives relative to breath
- Anatomy of Breath
- Pranayama and the Nervous System
- Pranayama and the Chakra System, Vayus, Nadis
- Supine Pranayama and Savasana techniques
- 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 want an in-depth exploration, practice and study in the profound tradition of Pranayama, Kriya and Dharana.

#### 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, Stage 2 (Modules 6-7) course is available directly after with 2 longer Modules and recordings specifically looking at how to teach, sequence, and working effectively with Pranayama in a course or private setting. There is also some homework and personal follow up in this module.

*You will be certified by Stephen Thomas SVARUPA YOGA (E-RYT). The combination of the detailed course Manual, contact Training hours, recorded material and group study, gives one the clarity and confidence to offer this work in group and/or private settings. There are follow up studies and support offered through SVARUPA YOGA along with a growing community of students & teachers working in this area.*

## **Dates for 2023/24 PRANAYAMA TRAINING All times are Central European Time Zone**

### **Stage One - 2023 - All Times are CET (Central European Time, Switzerland)**

**In August, four weeks prior to Module 1, there will be Pre-Course Preparation:** recorded video guidance, written guidance & sequences plus reading material. You can do this work at your convenience to be prepared for September. The Course Manual is sent in digital format at this time.

The course includes free access to Stephen's weekly Thursday morning Pranayama/Asana 7 - 8.30am (45 mins Pranayama, 45 mins selected Asana and each week is themed) This can be attended live on Zoom or as recording done anytime at your convenience.

#### **Module 1**

Friday Sept 8 / 18.30 - 20.30

Saturday Sept 9 / 7.30 - 10.30 incl. Q/A

Sunday Sept 10 / 7.30 - 10.30 incl. Q/A

Friday Sept 29 Special Full Moon Eclipse Practice

*Between each module, weekly recordings of the Thursday morning practices are used to keep you on track with sequences, audio/video. Documents and text guidance also available.*

#### **Module 2**

Friday Oct 13 / 18.30 - 20.30

Saturday Sept 14 / 7.30 - 10.30 incl. Q/A

Sunday Sept 15 / 7.30 - 10.30 incl. Q/A

*Between each module, recordings of the Thursday morning practices are used to keep you on track with sequences, audio/video. Documents and text guidance also available.*

#### **Module 3**

Friday Nov 17 / 18.30pm - 20.30

Saturday Nov 18 / 7.30 - 10.30 incl. Q/A

Sunday Nov 19 / 7.30 - 10.30 incl. Q/A

*Between each module, recordings of the Thursday morning practices are used to keep you on track with sequences, audio/video. Documents and text guidance also available.*

#### **Module 4**

Friday Dec 8 / 18.30 - 20.30

Saturday Nov 9 / 7.30 - 10.30 incl. Q/A

Sunday Dec 10 / 7.30 - 10.30 incl. Q/A

*Between each module, recordings of the Thursday morning practices are used to keep you on track with sequences, audio/video. Documents and text guidance also available.*

#### **Module 5**

Friday Jan 12 / 18.30 - 20.30

Saturday Jan 13 / 7.30 - 10.30 incl. Q/A

Sunday Jan 14 / 7.30 - 9.30 plus closing ceremony

## **Stage Two 2024 - For those that aspire to teach Breathwork / Pranayama (Methodology, Sequencing, Special Conditions)**

*Before Module 6 begins, there is some self-directed reading and videos to review, plus practices sequences and guidance to prepare for Module 6 and 7. Thursday Morning sessions also continue!*

### **Module 6 - Practice & TT Module**

Friday March 22 / 18.30 - 21.00  
Saturday March 23 / 7.30 - 12.00 noon  
Sunday March 24 / 7.30 - 12.00 noon

### **Module 7 Practice & TT Module**

Friday Apr 12 / 18.30 - 21.00  
Saturday Apr 13 / 7.30 - 12.00  
Sunday Apr 14 / 7.30 - 12.00

### **Training Fees**

2021/22 Training Fees  
Phase One only (Modules 1-5) 780 CHF  
Entire Program (Modules 1-8) 1180 CHF

Deposit due upon registration - CHF 380  
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. Include a short paragraph on your background. Include your name, date of birth and residential address for you payment receipts, certificate, etc. A welcome letter and payment information will be sent to you. Once you pay the deposit, your place is held.

Registration closes Aug 2023.