

2024 Pranayama Training

Stephen Thomas - ZOOM Online Format (and 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)

Important: Training Requirements & Expectations

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.

A 5-Modules 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 is recorded and must be done before starting the live work on ZOOM. Modules 2-5 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.

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 2024 PRANAYAMA TRAINING

All Times are CET (Central European Time, Switzerland)

Module 1 - RECORDED

Introductory Course of 6 hours - available in Student Library by Aug, 01st, 2024
Must be completed before start of Module 2

Module 2

Friday Aug 30th / 18.30 - 20.30

Saturday Aug 31st / 7.30 - 10.30 incl. Q/A

Sunday Sep 01st / 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 Sep 27th / 18.30pm - 20.30

Saturday Sep 28th / 7.30 - 10.30 incl. Q/A

Sunday Sep 29th / 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 Oct 18th / 18.30 - 20.30

Saturday Oct 19th / 7.30 - 10.30 incl. Q/A

Sunday Oct 20th / 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 Nov 22nd / 18.30 - 20.30

Saturday Nov 23rd / 7.30 - 10.30 incl. Q/A

Sunday Nov 24th / 7.30 - 9.30 plus closing ceremony

The course includes free access to Stephen's weekly Thursday morning Pranayama/Asana (according official schedule) at 7.00 - 8.30 am CET (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.

Pranayama Training Fees 2024

Total: CHF 790.--

Non refundable* deposit due upon registration: CHF 300.--

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.

Registration closes end of July 2024.