

# PRANAYAMA

## ONE YEAR FOUNDATION COURSE

*With*

*Philip Xerri*

*'Prana is the sum total of all the energy in the Universe'* Swami Sivananda

- **Course begins January 2011**
- **Venue** : Grenoside Community Hall, Sheffield, S35 8PR
- **Includes** : 6 full days tuition, structured home practice, fully illustrated manual, personal guidance & supervision
- **Cost** : £535.00

Pranayama is the bridge that leads into the deeper dimensions of Yoga. It is literally the *'breath of life'* and forms the foundation upon which the 'energy' aspect of Yoga is built and developed.

This Course offers an in depth, logical, structured and developmental approach to the practice of Pranayama from its very beginnings founded in the Mahat Yoga Pranayama up to, and including, its Classical expression as found in the Hatha Yoga Pradipika.

**The course is designed to benefit students and teachers alike.  
It will involve an absolutely thorough exploration of pranayama on two levels :**

### ॐ SELF DEVELOPMENT

- The course aims to develop complete control over the act of breathing, along with a steadily progressive attunement of the subtle anatomy associated with the breath / prana.
- You will learn the Pranayamas thoroughly in a logical and structured way, including theory and philosophy and more advanced techniques for home practice.
- You will learn specific asanas and movement sequences to develop the potential and flexibility of the breathing mechanism.
- Pranayama is a powerful tool for health and self healing. This course includes a wider and holistic development of the whole being – physical, emotional, mental and spiritual.
- On each day practices are learned and home practice is set. Guided home practice is at the heart of this course.

### ॐ TEACHING

- The thorough development of personal practice is crucial for teaching of pranayama.
- From this foundation, the course will examine ways to introduce and develop structured programmes for the teaching of Pranayama.
- After the course there is further optional training, including Post Graduate Days, which take practices learnt on the course to a deeper level and which introduce more 'advanced' techniques.

## **The Course progresses through 5 distinct phases:**

- FOUNDATIONS** : The 'mechanics' and 'energetics' of basic breathing  
**DEVELOPMENTAL** : The use of rhythms to manipulate prana  
**ALIGNMENT** : Rhythmical breathing patterns and visualisations to bring about a coherence within the Koshas  
**PURIFICATION** : Nadi Shodana; preliminary, developmental and Classical levels of practice. The Bandhas.  
**CLASSICAL** : Preliminary and developmental levels; Classical expression.

### **Course Dates : 2011**

- |                                     |                             |
|-------------------------------------|-----------------------------|
| - 30 <sup>th</sup> January (Sunday) | - 28 <sup>th</sup> May      |
| - 26 <sup>th</sup> February         | - 2 <sup>nd</sup> July      |
| - 9 <sup>th</sup> April             | - 3 <sup>rd</sup> September |

### **Briefly the Course will offer**

- Techniques of Pranayama mainly following the system taught by Dr Swami Gitananada, incorporating the experience and insight of an excellent tutor, gained over 30 years of practice and study.
- A structured and supervised personal development that will give you confidence and direction in expanding and deepening your own practice.
- A thorough grounding in how to introduce basic breathing and maintain a developing Pranayama practice in a class situation.
- A comprehensive, illustrated Manual covering all practices undertaken on the Course.
- A structured, developmental home practice leading you from Basic Breathing into the practice of Classical Kumbhaka.

### **Course Requirements**

- **5 years continuous personal practice of Yoga**
- **Pre-course interview with tutor (by telephone as necessary)**

Sheffield



Satyananda Yoga School

**For info & bookings contact : Chris or Hannah**

**Tel : (0114) 2338340**

**Email : [info@sheffieldyogaschool.co.uk](mailto:info@sheffieldyogaschool.co.uk)**

**[www.sheffieldyogaschool.co.uk](http://www.sheffieldyogaschool.co.uk)**

- Limited places, please book early.
- Full fee : £535.00 / Deposit : £135.00
- Cost includes all tuition, comprehensive handouts, home practice schedules, bound and illustrated Course Manual.
- Certification dependant on minimum attendance of 5 of the 6 days.
- Further information, including the course syllabus, is available on our website.

# **PRANAYAMA**

## **FOUNDATION COURSE SYLLABUS**

*With*

*Philip Xerri*

*'Prana is the sum total of all the energy in the Universe' Swami Sivananda*

**Pranayama is the bridge that leads into the deeper dimensions of Yoga. It is literally the 'breath of life' and forms the foundation upon which the 'energy' aspect of Yoga is built and developed.**

**Pranayama is:-**

- **A powerful tool in the process leading towards optimum health and self-healing.**
- **The crucial link between matter and energy – the body and prana.**
- **Perhaps the most important process in regulating the mind and developing meditation.**

**Pranayama stands at the very heart of Yoga, and yet, it is little understood and rarely taught at any depth in Yoga classes. This Course aims to address this dilemma by:-**

- **developing personal practice**
- **developing a logical, structured approach to the teaching of Pranayama**

**Developing personal practice is crucial. Not only for one's own progress and understanding, but also to become 'comfortable' and confident with the Pranayamas in order to teach them. Developing the teaching side will cover ways of introducing and planning structured programmes for teaching Pranayama via optional Lesson Plans.**

**The Days will consist of:-**

**Practice, i.e. thoroughly learning and doing the Pranayamas, exploring ways of teaching the Pranayamas, theory and philosophy and looking at more advanced techniques for home practice. The first three Days of the Course are a tightly structured, systematic, developmental exploration of Dr. Swami Gitananda's general teaching on Pranayama. This aims to give complete control over the act of breathing along with a steadily progressive attunement of the subtle anatomy associated with the breath.**

**This attunement of the energetic dimension of the breath is seen to be crucial before moving onto more powerful practices.**

**These progressive practices also aim at a wider, holistic development of the whole being – physical, vital, emotional, mental and spiritual. This is achieved through various practices that alter the dynamics of the breath: retention and the flow of the breath; rhythm and ratio. These practices also address the developmental inter relationship of prana and apana.**

**There will also be a number of specific Asanas and movement sequences introduced on the Course that will develop the potential and flexibility of the Breathing Mechanism.**

**The second three Days are more ‘eclectic’.**

**They focus primarily on Classical Kumbhaka as it appears in the Hathayogapradipika.**

**The main Pranayamas covered are, Sikari, Sheetali, Kapalabhati, Bhastrika, Ujjaii, and Bhramari. Each of these breaths are thoroughly explored in a progressive way which will include attunement sequences leading up to the classical expression and with many variations that give a more ‘rounded’ approach to each of the Pranayamas.**

**On each Day practices are learned and home practice is set : this home practice is the heart of the Course.**

**Philip Xerri  
18 Ninian Rd  
CARDIFF CF23 5EF**

**Tel. 02920214114/07710185827**

**Email [pax\\_yoga@yahoo.com](mailto:pax_yoga@yahoo.com) Web [www.yogaquests.co.uk](http://www.yogaquests.co.uk)**

## **THE COURSE**

**DAY 1 MAHAT YOGA PRANAYAMA – The Grand Yoga Breath  
1 Hathats, Hathenas and Hastikums. Mudras and Mantras.**

**2 Sectional and Lobular breathing**

**3 Mudras and energy.**

**4 Kaya Kriya**

**Developments and home practice**

- **Sectional and Lobular breathing**
- **Kaya Kriya**
- **Pranava AUM and the Chakras**

## **DAY 2 SUKHA PURVAKHA PRANAYAMA**

**1 Samma Vritta, Visama Vritta and Yoga Pranayama**

**2 Sukha Pranayama, Sukha Purvakha Pranayama (SPP)**

**3 Facilitating lung function and developing strength in the abdomen**

**4 Savitri Pranayama**

**5 Prana Jnana Kriya**

**6 Mukha Bhastrika**

**Developments and home practice**

- **Surya Namaskar with altered breathing patterns**
- **Building up rhythms of SPP and introduction of Mandala breathing**
- **Savitri Pranayama**
- **Prana Jnana Kriya**

## **DAY 3 ANU LOMA VILOMA KRIYA – The Polarity Breath**

**1 Postural sequences and relaxation processes**

**2 Prana and Apana**

**3 Sitcari and Sheetal Pranayama**

**4 Panch Sahita – the rejuvenation Pranayamas**

**5 Prana Kriya**

**Developments and home practice**

- **Extending Savitri Pranayama**
- **Integrating Polarity sequences and variations on Polarity breathing**
- **Panch Sahita Pranayama**
- **Sitcari and Sheetal Pranayamas**
- **Prana Kriya**

## **DAY 4 KAPALABHATI & BHASTRIKA**

**1 Bhastrika and Kapalabhati – performance and function**

**2 Mukha Bhastrika variations**

**3 Surya Pranayama Mudra**

**4 The Bandhas**

**Developments and home practice**

- **Annunasika Pranayama – the atomizing breath**
- **Surya Pranayama Mudra**
- **The Bandhas**
- **Kapalabhati and Bhastrika**
- **Kushala Pranayama – the healing dimension of Bhastrika**

## **DAY 5 NADI SHODANAH**

**1 Preparatory stages, balancing breaths and introductory rhythms**

**2 Surya Bhedana – the Sun piercing breath**

**3 Alu Loma Viloma Kriya – focusing awareness in Surya and Chandra Nadis**

**Developments and home practice**

- **Nadi Shodanah – all stages leading up to Classical practice**

- **Alu Loma Viloma Kriya**
- **Surya Bhedana**

**DAY 6 UJJAI and BHRAMARI**

**1 Ujjaii Pranayama – basic practices and Classic expression**

**2 Bhramari Pranayama (the Bee breath) and connection with Chakras**

**Developments and home practice**

- **Ujjaii basic and Classical**
- **Bhramari Pranayama**
- **Integrated practice reviewing the Course**

**Certification for completion of the Course will be dependent on minimum attendance of Five of the Six Days.**

**READING**

**Hathayogapradipika (any version) is the Course book.**

**As much as you can on Pranayama and include, if possible:-**

**The Gherandha Samita *Sris Chandra Vasu***

**Asana, Pranayama, Mudra, Bandha *Swami Satyananda***