

AJAPA JAPA

Channelling the Transforming
Power of Prana



A two day course with
BRAHMANANDA

17th & 18th November 2018

GRENOSIDE COMMUNITY HALL
SHEFFIELD

Ajapa Japa

Ajapa Japa is a complete sadhana (practice) taking the practitioner from the ground level of body and environmental awareness to the deepest states of meditation.

It combines pranayama, mudra, mantra and awareness of the psychic pathways in the body; these components will be developed session by session.

Where awareness goes, prana flows. Uniting these forces of breath and mantra and channelling this combined flow into the psychic pathways with an effortless and precise awareness creates transformation, simply, through the nature of the experience and its depth.

About the Course

This course will systematically introduce the participants to the tantric meditation technique of Ajapa Japa.

It will involve several sessions of sitting ajapa japa practice as we develop the technique, as well as asana and pranayama sessions, mantra chanting and japa, discussions and questions.

After the weekend participants can expect to have a systematic practice of Ajapa Japa to continue with.

Practices will be recorded and if useful can be made available to participants for home use.

Who this course is for?

This course is designed for yoga seekers and yoga teachers, experienced and less experienced meditators alike, for all to develop their understanding and practice of the ancient meditation technique of Ajapa Japa.

Participants are expected to have some experience of meditation practice.

What to bring

Yoga mat, blanket, notebook / pen. Blocks / Cushions for comfortable sitting. We have a shared vegetarian buffet for lunch – please bring something to share for this. Teas etc are provided.

The Teacher

Brahmananda lives London, teaching Yoga & Meditation in many different environments. He teaches workshops and courses for Yoga teachers and practitioners; until recently he was a director and course coordinator for *Satyananda Yoga Academy Europe*.

He visits India regularly to continue his study of Yoga, to attend programmes and to practice '*seva*' (*service*).

Brahmananda is a teacher of great quality. His approach is clear and down to earth; his skill is in bringing light to the more profound and transformative aspects of Yoga.

Costs

The fee for this course is £95.00

To reserve a place, fill in the booking form overleaf and return it with either the full payment or a deposit of £50.00.

- ॐ Cheques are payable to '**SYS Courses**'
- ॐ Send to : 16 Robertson Drive, Sheffield. S6 5DY
- ॐ Contact us if you prefer to pay by bank transfer.

Details

- ॐ Course dates : 17th & 18th November 2018
- ॐ Saturday 10.00 – 5.00pm, Sunday 10.00 – 4.00pm
- ॐ Venue : Grenoside Community Hall, Sheffield, S35 8PR

BOOKING FORM

Name :

Address :

.....

Post code :

Telephone :

Email :

Deposit : £50.00 ☐ Full amount : £95.00 ☐

(Balance due before 9th October 2018)

Please return this form to :

Sheffield Yoga School
16 Robertson Drive,
Sheffield.
S6 5DY

For further details

- Email : info@sheffieldyogaschool.co.uk
- Tel : 0114 2338340

This leaflet can be down loaded from :

www.sheffieldyogaschool.co.uk