

# The PROGRESSIVE STAGES of PRANAYAMA



An 8 Day Training Module  
Course Tutor : MAARTEN VERMAASE  
Sheffield Yoga School

## Course Outline

### General Notes

This course will introduce Pranayama and related practices in a structured progression, and enable students to practise Pranayama safely and under guidance. It aims to deepen our understanding and experience of the practice of Asana, Pranyama and Meditation, and will be mostly practical, with additional reflections on the wider applications of our practice through the study of *Hatha Yoga Pradipika (HYP)*, *Yoga Sutras (YS)* and equivalent Buddhist ideas.

It is essential that participants are committed to practise Pranayama regularly and they are encouraged to maintain a 'Pranayama Diary' for the duration of the course.

### **The course is suitable for:**

Serious, experienced Yoga students who have a thorough grounding in Asana and basic breathwork and who wish to commit to regular Pranayama practice.

**NB – Participants are expected to be familiar with Asana work. Pranayama is contra-indicated if you are smoker. If there are any health concerns, please contact the course co-ordinator for advice.**

**By the end of the course students should be able to**

- Practise a number of the HYP Pranayamas safely and independently within a logical progression
- Demonstrate a suitable understanding of the theoretical background of Pranayama as expressed in the HYP and equivalent texts.
- Evaluate and integrate the experience of Pranayama within the context of Yoga practice in general and meditation in particular

### **Certificate of Completion :**

An optional 'Certificate of Completion' may be issued by the Course Co-ordinators (Sheffield Yoga School) to those participants who have an 80% attendance record and who also maintain a regular Pranayama Diary for the duration of the course.

## **The Tutor**

Dutch born Maarten Vermaase studied Hatha Yoga with the late Robert Van Heeckeren, and Tibetan Buddhist Yoga, Meditation and Healing Exercises with Lamas and teachers from the Kagyu and Nyingma traditions of Tibetan Buddhism.

He is a retired DCT for the British Wheel of Yoga specialising in Pranayama and meditation, and has been teaching in Oxford and London since 1979.

At the suggestion of his teacher, Khenchen Thrangu Rinpoche, he started the Mahasiddha Yoga Group in 1999. He teaches the BWY Meditation Modules, Levels 1, 2 and 3 from groups nationwide.

## **Course Outline**

All morning Yoga sessions will usually include purification breathing, limbering or Surya Namaskar, a short breath related Asana sequence, relaxation, visualisation, extensive Pranayama and meditation.

The afternoon sessions (2 - 5 pm) will specifically introduce the Hatha Yoga Pradipika and Pranayama. Each day will include extensive opportunities for feedback and discussion, and may finish with chanting. Handouts will be provided, but participants are expected to take extensive notes.

### **Day 1 : Sat 30 Mar 2019 :**

Organisation: Course intro

Practical: short Yoga session, breath release practices, Akasha Pranayama, breathing meditation

Theory: HYP introduction; the theory of Prana; yoga view vs meditation view; Klesha and Kriya

Practical: purification sequence (Kriya) of '9 Breaths', Kapalabhati, Nadi Sodhana, Simhasana

## **Day 2 : Sat 27 April 2019**

Questions and feedback

Practical: Yoga session, inc review of Kriya from Day1, meditation

Theory: HYP ctd

Practical: Pre-Pranayama preparations: ctd purification (Kriya), internal visualization and reflections; and breath development with Ujjayi Samavritti with 'open hold'

## **Day 3 : Sat 11 May 2019**

Feedback and questions

Practical: Yoga session, inc review Pre-Pranayama from Day 2, meditation

Theory: HYP ctd; the theory of Kumbhaka

Practical: Aswini, Vajroli / Sahajoli, Tadagi, Mula Bandha; the Ujjayi 'breath wave'; stages of Viloma

## **Day 4 – Sat 15 June 2019**

Feedback and questions

Practical: Yoga session, inc review Tadagi and Viloma from Day 3, meditation

Theory: HYP ctd; joining Apana and Prana in internal Kumbhaka

Practical: Swana /Bhastika Pranayama; Jalandhara Bandha; ctd stages of Viloma

## **Day 5 – Sat 6 July 2019**

Feedback and questions

Practical: Yoga session, inc review Swana / Bhastrika and internal Kumbhaka from Day 4, meditation

Theory HYP ctd;

Practical: Brhamari; external Kumbhaka: Agni Sara and abdominal control for Uddiyana Bandha:

## **Day 6 – SUNDAY!! 22 Sept 2019**

Feedback and questions

Practical: Yoga session, inc review Swana / Bhastrika ctd from Day 5, meditation

Theory: HYP ctd

Practical: developing the 4 stages of the breath; internal and external Kumbhaka; the importance of the navel chakra; working with Ujjayi 4-16-8-4 ratios; Sw Sivananda's advice; how to progress

## **Day 7 – Sat 12 Oct 2019**

Feedback and questions

Practical: Yoga session, inc review Ujjayi ratio development

Theory: putting it all together, how to progress

Practical: developing Ujjayi 4-16-8-4;

## **Day 8 – Sat 9 Nov 2019**

Feedback and questions

Practical: Yoga session, inc review Ujjayi ratio development

Theory: putting it all together ctd, how to progress 'beyond Pranayama'

Practical: the four qualities of Mudra, the 'mind instructions'.

## **Practical Information**

**Venue:** Sheffield Yoga School, South Road, Sheffield S6 3TA

**Dates and Times:** Dates are as listed above.

**All days Saturdays, EXCEPT Sunday 22 Sept**

**Times : 10.30 am - 5.00 pm**

*NB these dates may be subject to change. In the unlikely event of dates being changed as much notice as possible will be given*

### **Course fees:**

- Full fee : £575.00
- Deposit : £150.00

### **What to bring:**

Your normal Yoga gear, plus good cushion to sit on. Bring copy of Hatha Yoga Pradipika and Yoga Sutras, notebook and pen!

### **Essential course books:**

- ***Hatha Yoga Pradipika*** : Sw Muktibodhananda Saraswati (tr), Bihar School of Yoga
- ***The Yoga Sutras of Patanjali***, Either Sw Satchidananda, Integral Yoga Publications 1978, OR recent reprint Or any other version of the Yoga Sutras