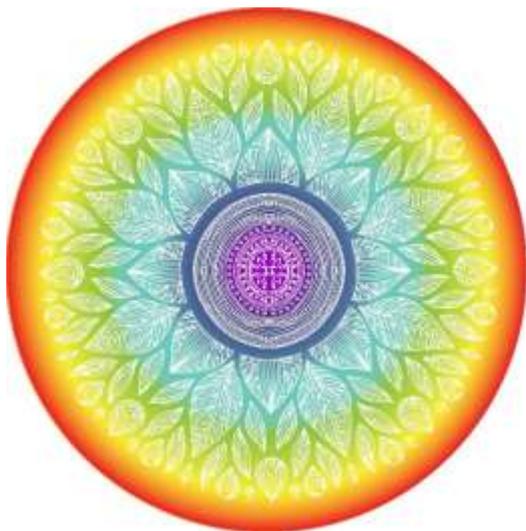


The PROGRESSIVE STAGES of PRANAYAMA



An 8 Day Training Module
with MAARTEN VERMAASE

March – November 2019

Sheffield Yoga School

South Road, Sheffield, S6 3TA

This course will introduce Pranayama & related practices in a structured progression, enabling students to practise Pranayama safely & under guidance.

It aims to deepen our understanding and experience of the practice of Asana, Pranayama & Meditation and will be mostly practical. It includes reflections on the wider applications of our practice through the study of *Hatha Yoga Pradipika*, *Yoga Sutras* and equivalent Buddhist ideas.

The course will include :

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

ॐ Afternoon sessions will specifically introduce the Hatha Yoga Pradipika and Pranayama.

ॐ Each day will include extensive opportunities for feedback and discussion, and may finish with chanting.

ॐ *A Certificate will be issued on completion of this training module.*

Note : A comprehensive course outline is available to download from Sheffield Yoga School website.

By the end of the course, students will be able to :

- i. Practise a number of HYP Pranayamas safely & independently within a logical progression
- ii. Understand the theoretical background of Pranayama
- iii. Evaluate & integrate the experience of Pranayama within the context of
Yoga practice in general and meditation in particular.

Who this course is for?

Serious, experienced Yoga students who have a thorough grounding in Asana and basic breath work and who wish to commit to regular Pranayama practice. 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. *Participants should be non smokers (including recreational drug use). If there are any health concerns, please contact the course co-ordinator for advice.*

What to bring

Your normal Yoga gear, plus good cushion to sit on. Bring a copy of *Hatha Yoga Pradipika* and *Yoga Sutras*. Notebook and pen! Your own lunch.

Essential Reference books : *Hatha Yoga Pradipika*, (Bihar School of Yoga version) *The Yoga Sutras of Patanjali* (Sw Satchidananda), or any other version of the Yoga Sutras

The Tutor : MAARTEN VERMAASE

Dutch born Maarten Vermaase is a highly respected teacher of Yoga, Pranayama & Meditation.

He 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. He teaches the BWY Meditation Modules, Levels 1, 2 and 3 from groups nationwide.

Costs

The fee for this course is £575.00

To reserve a place, fill in the booking form overleaf and return it with either the full payment or a deposit of £150.00.

- 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.

Places are limited and early booking is recommended.

Details

- ॐ Course dates (2019): **30th March, 27th April, 11th May, 15th June, 6th July, 22nd September (SUNDAY), 12th October, 9th November**
- ॐ All days are 10.30am – 5.00pm
- ॐ Venue : Sheffield Yoga School, South Rd, Sheffield. S6 3TA

BOOKING FORM

Name :

Address :

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Post code :

Telephone :

Email :

Years of yoga experience :

Are you Yoga teacher : Yes / No

BWY Foundation Course level 1 or equivalent : Yes / No

Have you worked with Maarten Vermaase before? : Yes / No

If so when / where :

Do you regularly practise : Asana : Yes / No

Pranayama : Yes / No Meditation : Yes / No

Deposit : £150.00

Full amount : £575.00

(Balance due before 1st March 2019)

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

- www.sheffieldyogaschool.co.uk