

PRANAYAMA FOUNDATION COURSE



with **Philip Xerri**

'An in-depth, structured & developmental approach to the practice of Pranayama from its very beginnings up to and including its Classical expression.'

January – July 2017

GRENOSIDE COMMUNITY HALL
SHEFFIELD

Pranayama Foundation Course

The course offers :

- ॐ Guidance from a teacher who has been at the forefront of Pranayama training in the UK for decades.
- ॐ A structured & supervised personal development programme enabling you to expand & deepen your own practice.
- ॐ A comprehensive illustrated **Course Manual** covering all the practices on the course.
- ॐ **Certificate** on completion.

Pranayama is the bridge that leads to 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.

Who this course is for?

This course is designed to benefit students & teachers alike.

It involves an in depth exploration of pranayama on 2 levels :

Self Development:

- You will learn the Pranayamas thoroughly, in a logical and structured way starting with developing complete control over the act of breathing.
- You will learn postures & sequences which enhance the potential and flexibility of the respiratory system.
- A systematic guided home practice schedule is at the heart of this course.
- Pranayama is a powerful tool for health & healing. The course involves a wider and holistic development of the whole being : physical, emotional, mental & spiritual.

Teaching

- The thorough development of a personal practice is crucial for the teaching of Pranayama.
- From this foundation the course will examine ways to introduce and develop structured programmes for the teaching of Pranayama.

The Course progresses through 5 distinct phases :

- i. Foundations : The mechanics of 'basic breathing'.
- ii. Development : The use of breathing rhythms to manipulate *prana*.
- iii. Alignment : Breathing patterns & visualisation techniques to bring harmony within the *Koshas*.
- iv. Purification : Nadi Shodhana & the Bandhas.
- v. Classical : Preliminary & developmental levels of Classical Pranayamas as described in the *Hatha Yoga Pradipika*.

The tutor :

Philip Xerri is one of the leading authorities on Pranayama in the UK. He originally trained with Swami Gitananda in Pondicherry 1981 and has been teaching Yoga & Pranayama for over 30 years.

In 2000 he devised and produced the Pranayama Foundation Course which runs as a Pranayama Module for the British Wheel of Yoga.

This marvellous course is the culmination of decades of experience, practice, research and teaching of Pranayama.

Costs

The fee for this course is £595.00. To reserve a place, fill in the booking form and return it with the full payment or a deposit of £100.00.

- ॐ Cheques are payable to '**SYS Courses**'
- ॐ Send to : 16 Robertson Drive, Sheffield. S6 5DY
- ॐ For bank transfer : SYS Courses : 089299 / 69527210

If you have done this course before the fee to repeat the whole course is £200.00 (or £40.00 to repeat a day).

You attend a day you missed from a previous course free of charge.

Details

ॐ **Course dates** (10.00 – 5.00pm)

- | | |
|-----------------------------|--------------------------|
| - 14 th Jan 2017 | - 22 nd April |
| - 11 th Feb | - 10 th June |
| - 11 th March | - 15 th July |

ॐ **Venue** : Grenoside Community Hall, Sheffield. S35 8PR

BOOKING FORM

Name :

Address :

.....

Post code :

Telephone :

Email :

Are you a :

Teacher Student teacher Enthusiast

Deposit : £100.00 ☐

Full amount : £595.00 ☐

- *Balance due before 9th December 2016*
- *Payment can be made in instalments if necessary.*

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