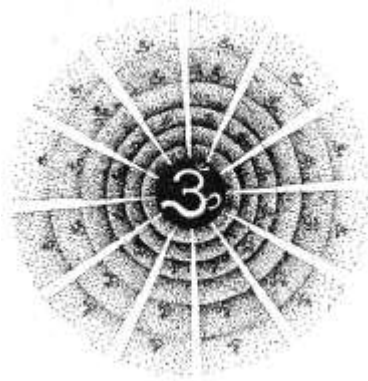


The VASISTHA METHOD of PRANAYAMA



*as devised by
The Vivekananda Kendra, Bangalore, India*

**A FOUR DAY TRAINING MODULE
with JEAN LAVERS**

2019

Sheffield Yoga School
South Road, Sheffield, S6 3TA

The Vasistha Method of Pranayama

The Vasistha method is set out in *“The Art and Science of Pranayama”* by Dr H.R. Nagendra of the Vivekananda Kendra Yoga Research Foundation.

The Vasistha method teaches natural breath cessation, which achieves *Kevala Kumbhak* without the use of breath retention, ratios or bandhas.

It is a safe and effective method of Pranayama; it makes the benefits of Pranayama accessible to everyone.

The course will include :

- ॐ Training in the practice & teaching of the Pranayama techniques
- ॐ Instructions and precautions for all practices covered
- ॐ Stretches / Asanas & observing breath changes
- ॐ Sectional & Full Yoga Breathing, including mudra and mantra;
- ॐ Learning the Cleansing Breaths
- ॐ Deep relaxation techniques and Meditation
- ॐ Discussion and plenty opportunity for questions.
- ॐ A guided home practice schedule for the duration of the course.

In addition to the above the course will cover:

- ॐ The study of Prana and Pranayama
- ॐ The study of the Maya Koshas

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

Who this course is for?

This course is for teachers & trainee teachers who wish to deepen their knowledge of how prana and pranayama fit into other aspects of yoga.

It will provide training in the practise & teaching of this unique and very effective method of Pranayama.

What to bring

Yoga mat, blanket, notebook/pen. Blocks / Cushions for comfortable sitting. Your own lunch.

Reference books : ‘*The Upanishads*’ ‘*The Yoga Sutras of Patanjali*’
‘*Hathayogapradipika*’ ‘*The Art and Science of Pranayama*’

The Tutor : JEAN LAVERS

Jean is a very experienced teacher with a strong interest in using yoga as therapy.

She has been a Diploma Course tutor training Yoga teachers for the British Wheel of Yoga. She completed an M.A. research project examining the effect of yoga in a top security prison, where she taught for 11 years. She was a teacher on the influential 2007-2008 research project into yoga for low back pain, co-ordinated by York University.

Jean's teaching has been strongly influenced by teachers from the *Vivekananda Kendra Yoga Research Foundation*, whose use of yoga as therapy and scientific approach to research appealed to her own interests.

Their holistic approach to yoga fulfils that basic need to be at one with oneself, one's environment and one's community. Their example has been a life-time's inspiration for Jean, not only in her teaching but in living her life.

Costs

The fee for this course is £270.00

To reserve a place, fill in the booking form overleaf and return it with either 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 Contact us if you prefer to pay by bank transfer.

Places are limited and early booking is recommended.

Details

- ॐ Course dates : 2nd March
6th April
18th May
22nd June

- ॐ All days are Saturdays, 10.00am – 5.00pm
- ॐ Venue : Sheffield Yoga School, South Rd, Sheffield. S6 3TA

BOOKING FORM

Name :

Address :

.....

Post code :

Telephone :

Email :

Deposit : £100.00 Full amount : £270.00

(Balance due before 1st February 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

This leaflet can be down loaded from :

www.sheffieldyogaschool.co.uk