

Pranayama – Theory and Practice

"When we follow the breath, the mind will be drawn into the activities of the breath. In this way pranayama prepares us for the stillness of meditation." [TKV Desikachar]

Pranayama, the yogic science of breath control, is a powerful way for you to raise your energy levels and channel it into spiritual growth and life mastery. In this part of the course you will have a unique opportunity to immerse yourself in the techniques and philosophy of pranayama as taught in the Ayurvedic tradition.

Prana is our vital life force. It works through the mind and in the heart, in the breath, and in digestion; in walking, running, talking, and thinking; and in projecting the personality in all ways. It's also the sum total of all the energy manifest in the universe.

Prana is one of the most easily available means for self-transformation on the subtle and gross levels of one's self. Proper technique and knowledge of the why and how- according to time, place and special circumstance will make self-transformation more easily observable, and long lasting.

Our breathing patterns are typically subconscious—controlled by persistent habits that are out of our awareness. Conversely, pranayama is conscious breathing. We learn to pay close attention to the reaction of the body during pranayama,. Preparation for pranayama can include asanas that increase the volume of the lungs and free the muscles of the ribs, back and diaphragm. Practicing under the guidance of Balarama Chandra das, a highly experienced teacher, you will learn a variety of pranayama techniques and a methodology for guiding (and for yoga professionals - teaching) the techniques.

This workshop will help you deepen your understanding of the practical and theoretical aspects of pranayama. Some of the topics we will cover include:

- How we breathe
- Benefits of pranayama
- Practice of pranayama
- Vitality and concentration on breath