

Wind of Prana and Waite Yoga

Advanced Practices of Yoga – Pranayama and Meditation

“Controlling the breath is a prerequisite to controlling the mind and the body” – Swami Rama

Course Syllabus

A. Yoga and Body of Energy

1. Mind/Body Problem
2. The Multileveled Nature of Man
3. Cosmic Breath
4. Developing Awareness of Breath

B. Philosophy of Prana and Pranayama

1. What is Prana?
2. Pancha Kosha: Vital Sheath
3. Chakras: Energy Vortices
4. Nadis: Channels of Prana
5. Pancha Prana: Pranic Forcefields
6. Five Keys to Unlock Prana Experience
7. Prana and Mantra

C. Svarodaya: The Science of Breath

1. Portal to Higher Awareness
2. Prana and Shakti
3. The Vayus
4. The Tattvas

D. The Anatomy of Breathing

1. Respiration and the Chest: The Mechanics of Breathing
2. Nasal Function and Energy
3. Pranayama and the Nervous System
4. Breathing Patterns

E. Pre-Pranayama Practices

1. Conscious Breathing
2. Basic Breathing Methods
3. Preliminary Breathing Practices
4. Regulation of the Breath
5. Awareness of Subtle Breath
6. Dietary Considerations

F. The Practice of Pranayama

1. Purification Practice
2. Three Bandhas
3. Surya Bhedana Kumbhaka: The Secret of The Sun

4. Classical Pranayamas
5. Advanced Techniques

G. Pranayama for Health Conditions

1. Awareness of Mind and Body
2. Awareness of Health Conditions
3. Union of Mind and Body via Breath
4. Guide for Health Conditions (arthritis, asthma, childbirth, anxiety, ...)

H. Dhyana: Meditation

1. The Process of Meditation
2. Meditation Types
3. Meditation Schools
4. Concentration and Meditation Techniques

Pranayamas and breathing exercises to be explored during the course (in alphabetical order):

1. Bhastrika
2. Bhramari
3. Chandra Bheda
4. Kaki
5. Kaki Mudra
6. Kapalabhati
7. Kumbhaka One
8. Maha Vedha
9. Moorchha
10. Nadi Shodhanam
11. Plavini
12. Sahita Kumbhaka
13. Sitali
14. Sitkari
15. Smooth Breath
16. Straw Breath
17. Surya Bheda
18. Swana
19. Three-Part Breath
20. Ujjayi
21. Vritti
22. Yogic Breath

Certification Requirements:

1. Participation
2. Reading assignments
3. Presenting Pranayama Exercises
4. Written test
5. Practicum – Teaching 30 min Pranayama and Meditation Session

Textbooks:

“Path of Fire and Light, Vol 1: Advanced Practices of Yoga” – Swami Rama

“Science of Breath: A Practical Guide” – Swami Rama, Rudolph Ballentine, MD and Alan Hymes, MD

“Prana and Pranayama” – Swami Niranjanananda Saraswati

Suggested Reading (available from studio library):

“Living With the Himalayan Masters” – Swami Rama

“The Breathing Book: Good Health and Vitality Through Essential Breath Work” – Donna Farhi

“The Yoga of Breath” – Richard Rosen