

Wind of Prana International School of Yoga Science 2024 Programs

In 2024, we will continue engaging in many exciting and spiritually deep explorations, expanding on different aspects of Yoga and related sciences. I am sure that you will find our new programs elevating and inspiring, even those of you who have been learning with us for many years.

All courses, programs, and Yoga classes being offered by our Wind of Prana School of Yoga Science are free of charge to school members. Membership includes 200 and 300-Hour YTCs.

If you'd like to invest in our school and in yourself, become a member of the school. The annual membership cost is still \$675 but it will be increased on January 1, 2024, to \$750. Other options are listed below.

Scheduled Programs

'Postcard from the Rishis'

From their spiritual discoveries to their science.

Begins on 1/10/24 (Sunday), at 15:00 GMT. (7 sessions)

'Advanced Yoga Nidra'

We will go beyond the routine scripts, as it is not the scripts but the power of the moment and understanding of all levels of our consciousness which is the essence of this deepest of all meditation practices, to purify the obstacles between perceived us and our true nature.

Begins on 1/10/24 (Sunday), at 17:45 GMT. (9 sessions)

'Expanded Yin Yoga'

The focus will not be on the physical Yin postures as these are known. We will explore what is not known and cannot be learned but must be experienced, the subtle part of our existence. The physical Yin posture is only the beginning, the entry into the balance, into the center, the neutral part of the Yin-Neutral-Yang system.

Begins on 1/14/24 (Thursday), at 17:45 GMT. (10 sessions)

'NOA – Nature of Asanas' (schedule TBD)

A study of how changing the shape of our body exposes us to change in ... everything, the mind, the energy, and the relationship with the universe. How different shapes of our body can help us to open the gate to ourselves. We change the shape of our body in every moment of our life. Can we use what we learn during the asana class, the shapeshifting class, to benefit from shapeshifting lifestyles? This and more will be explored during the online sessions and at home by the participants. (10 sessions)

'Tao te Ching – The Impact of Yin and Yang' (schedule TBD)

A different view of this iconic writing based on the discovered historical documents. There are many translations by the contemporaries, but Lao-tzu's message is hidden not only by the language nuances but by the way the author composed the verses, giving us, the readers, the freedom to interpretation. However, there are some interpretations by the ancient spiritual teachers available to us and we will explore these. (5 sessions)

'The Art of Teaching - Becoming a Teacher' (schedule TBD)

We cannot learn how to be a teacher, but we can learn how to continue becoming one. We'll take you away from just being a teacher so you can embark on the never-ending journey of becoming one. There are aspects of teaching that are hidden from us when we stop becoming and as we begin falling into the routines, the habits of teaching, when we become ignorant of 'what', 'how', and, especially of 'who' is teaching. (3 sessions)

'Trekking Subtle Energy Body' (schedule TBD)

A complete study of Nadis, Chakras, Meridians, vessels, and vayus from the physical to spiritual importance of each. (5 sessions)

'Meditation Immersion – Meditation Teacher Certification' (schedule TBD)

All about 'just sitting' which is not 'just sitting'. Discover and experience the relationship between the eight levels of consciousness, skandhas, meditation in action, and your perceived 'I'! Become aware of what obscures your true nature. (7 sessions)

'Swara Yoga and Pranayama' (schedule TBD)

We will explore the flow of energy in three Swaras to come closer to realizing the depth and immensity of the mind and consciousness. (5 sessions)

Summer/Fall 2024 Programs will include a Yoga and meditation retreats in Ireland and Scotland

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If you'd like to invest in our school and in yourself, become a member of the school.

Our low annual membership investment is still \$675 but we are increasing it to \$750 starting on January 1, 2024.

If you have graduated from our 300-Hour YTC, your membership investment is \$275 now and will be \$350 in 2024.

You can also pay for each course separately with tuition ranging between \$175 and \$375 now .and \$250 and \$450 in 2024.

Payment plans are always available.