

# *Wind of Prana School of Yoga Science*

## *Advanced Yoga Teacher Certification Program*

### *300-Hour Immersion Curriculum*

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We have developed our YTC program to allow those who have already embarked on the spiritual journey of a Yogi to develop a deeper understanding of the essence and principles of Yoga, and how to continue their journey.

Particularly, the program has been structured as an important immersion for those who have a passion to teach Yoga and who have already made such a commitment by completing a 200-Hour curriculum. It includes all aspects of Yoga science, its essence, its purpose, and its deep spiritual core, but also reveals the art of teaching Yoga and how to become a better teacher.

As such, the program builds on participants previous learnings, but not only expands on the basics of Yoga science taught in 200-Hour programs but also exponentially increases participants exposure to the whole spectrum of what Yoga was meant to be.

In its nature, the program is an experience leading to a better understanding of who/what we are and of our place in the Oneness that Yoga is. The program has been a source of deep life-changing experiences by many, and has, often profoundly changed the way they practice Yoga, the way they teach Yoga, and the way they live.

The following courses of study are available within this program. Each weekly session last between 90 and 120 minutes. CEUs are approximated and include time students spend outside of classes (reading assignments, quizzes, and other homework assignments). SP at the end of each course description denotes courses availability as a self-paced program.

#### **One Spirit – One Yoga**

**Duration:** 4 weekly sessions (10 CEUs)

**Synopsis:** Come to learn about the essence of Yoga, of the way Yoga was meant to be, of the way Yoga had been practiced for thousands of years before how it was reduced to what it is now. (SP)

#### **Stages of Meditation**

**Duration:** 4 weekly sessions (10 CEUs)

**Synopsis:** Experience meditation in a different way. We'll explore it through the following stages: from Right Mindfulness with Equanimity, Tranquil Abiding – Concentration, Insight – Analytical exploration to Perfection of Wisdom. (SP)

### **Swara Yoga and Pranayama**

**Duration:** 8 weekly sessions (20 CEUs)

**Synopsis:** We will explore the flows of Prana from different aspects of it with Swara Yoga being the science of brain breathing (Swara means 'the sound of one's own breath'), and Pranayama – practice of breath regulation.

### **Advanced Yoga Nidra**

**Duration:** 11 weekly sessions (25 CEUs)

**Synopsis:** Exploration of different aspects of Yoga Nidra, and different ways to practice and to teach it. The material will include a description of many scripts for the participants to be used during and after the course. Involvement of the participants is essential during this program to experience Yoga Nidra and to teach the group using the assigned scripts.

### **Chakras – Bridge to Higher Consciousness**

**Duration:** 8 weekly sessions (20 CEUs)

**Synopsis:** Participants will experience a different view of the chakra system as a part of the astral body which contains Prana, and the system of Nadis. The program will explore the spiritual life-lessons represented by the seven chakras in the liberation and manifestation flows of energy. The connection between the chakras and other subtle body elements will also be explored.

### **Advanced Acu-Yin Yoga**

**Duration:** 11 weekly sessions (30 CEUs)

**Synopsis:** Acu-Yoga is a system of exercises that integrates two ancient holistic approaches to physical and spiritual health, acupressure, and Yoga. Participants will learn how to include both element of physical and subtle bodies in their own practice of asanas and while teaching others. Extensive exploration of the meridian system taught by the experienced five elements acupuncturist and Chinese medicine practitioner is a part of this program.

### **Upanishads and the Science of the Rishis**

**Duration:** 7 weekly sessions (15 CEUs)

**Synopsis:** Detailed study of all 11 major Upanishads and 4 minor Upanishads in the light of the spiritual landscape of India during the Rishis times. Scientific discoveries of Rishis will also be explored, as seen (and explained) by the contemporary science (including quantum physics).

### **Rishis Postcard and Arjuna's Yoga**

**Duration:** 7 weekly sessions (15 CEUs)

**Synopsis:** Exploration of the essence of who we are and how to embark on the journey of self-discovery. Program includes study of Upanishads, Bhagavad Gita and Dhammapada, starting with pre-Upanishads discoveries and completing the program with teachings of some of the contemporary teachers.

### **Trekking the Meridians – The Spiritual Journey**

**Duration:** 5 weekly sessions (10 CEUs)

**Synopsis:** Extensive exploration of the meridian system, with emphasis of the spiritual points on each meridian and energy vessel. Program includes practical tracing of all meridians and vessels with detailed description of most significant points and is taught by the experienced five elements acupuncturist and Chinese medicine practitioner. (SP)

### **The Art of Teaching Yoga**

**Duration:** 3 weekly sessions (5 CEUs)

**Synopsis:** Teaching Yoga cannot be done by a book, cannot be planned and scripted. Teaching Yoga is done in ever changing environment with new student, new conditions students and teacher experience and new cosmic energy. We teach from the heart. We teach by who we are, and we teach by how we live. Program will explore in-depth aspects of teaching, teacher-student interactions, including assisting and modifying of body alignment, use of props, role of silence and working with uniqueness of all students. The program will address, with emphasis, all essential (and critical) responsibilities of the Yoga teacher. (SP)

### **NOA Program – Deep Exploration of Mystical Nature of Asanas**

**Duration:** 10 bi-weekly meetings (75 CEUs)

**Synopsis:** Program is the most extensive explorations of asanas our school ever offered. The study of asanas selected by the participants does not include the physical aspects but seeks the experiences while placing our body in different shapes while being a part of the cosmic energy system. Mystical experiences are being encouraged and often experienced by the participants. The discoveries of the participants during this program result in publication of a book. Participation of the students is extensive as most of the explorations are done in their own time with continuous guidance from the teachers of the program.

### **Final Integration – Connecting All Elements of Yoga Science**

**Duration:** 10 weekly sessions (20 CEUs)

**Synopsis:** The program will take the participants to all aspects of Yoga science We will begin with Yoga evolution, and continue to essential writings like Upanishads, Bhagavad Gita, Yoga Sutras, then to five elements, koshas, gunas, chakras, pranayama, meditation, and more. Essential program for Yoga practitioners and Yoga teachers of all levels, as a new encounter with Yoga or as a refresher course. (SP)

### **Koshas and Elements in Asanas**

**Duration:** 5 weekly sessions (10 CEUs)

**Synopsis:** Program focuses on the impact of asanas on koshas and five element and begins with a tutorial on a different view of koshas and the elements. Participants will explore how to affect koshas and five elements while shapeshifting.

## **Designing Your Own Course Workshop**

**Duration:** 5 bi-weekly sessions (15 CEUs)

**Synopsis:** Program will begin with the principles of developing a course related to Yoga science. Participants will have assigned subject courses to develop into a program they can teach their students.

## **Balancing Yin and Yang – Series of Instructional Yoga Sessions**

**Duration:** 10 sessions (15 CEUs)

**Synopsis:** Two weekly instructional Yoga classes are offered during this program presenting what the Yin-Yang system is and how to combine expose to it for a balanced mind, body, and spirit. Classes are to give the teachers more knowledge and practical skills on how to teach balanced Yoga classes.

Each program will be registered with Yoga Alliance as they are brought into the schedule. *Wind of Prana* school is registered with Yoga Alliance as RYS 200 and RYS 300. Each course is a part of the YTCP but can also be taken as a continuing education program. Some of the courses are available as self-paced programs, based on viewing recorded session, completing reading assignments, and periodic quizzes. Teacher's consultations are available during the program per as needed basis. One-on-one sessions are available for all self-paced programs.

We continue applying our substantially reduced tuition rates, to balance the decreased opportunity of Yoga teachers to profit from their teachings during the pandemic. We also offer scholarships. Please ask for details via our website: [WindofPrana.com](http://WindofPrana.com)