

**2011**

**" PRANAYAMA TRAINING COURSE "**

**SPRING**

**A. From Monday, March 7th (3 pm) till Wednesday, March 16th, (3 pm)**

**Teachers:**

**Shri O.P. TIWARI**, General Secretary of KAIVALYADHAMA

**Didier MANGOU**, Tiwariji's student, in charge of the French school

**Location :** "Centre de l' Aube" (Drôme) south east of France

**Price :** 450 €(tuition)

**SUMMER**

**B. From Saturday, July 30th (3 pm) till Tuesday, August 9th (3 pm)**

**Teachers :** Shri O.P. TIWARI, Didier MANGOU

**Location :** "Centre de l' Aube" (Drôme)

**Price :** 500 €(tuition)

**Price (teaching only) for the complete course (A and B) : 850 €**

The membership to the association Kaivalyadhama-France : **15 €**

The complete training course will be validated by a diploma of the school Kaivalyadhama-France and recognized by the recognised by the Kaivalyadhama Institute, India.

Every participant will be corrected and advised individually in order to define their basic nature (Prakriti): Alongside completion of a focussed questionnaire, their individual pulse and respiratory cycles will be observed, one to one, regularly throughout the course.

In the term of the training itself, a personalised program of practices will be proposed to each participant

**Those registering for the full course (A+B) will be given priority.**

This training is suitable all students who have already practiced yoga.

**Programme :**

Three periods of practice will be proposed throughout the day.

**Morning :** Havana (fire ceremony), Meditation, Kriyas (cleansing of the body) and Pranayama. Theoretical study.

**Noon :** Pranayama, Chanting

**Afternoon :** Private interviews with Tiwariji, Question & Answer sessions, Asanas and Pranayama.

## **Workshop Locations :**

### **Centre de l'Aube**

26400 Piegros-La-Clastre (5km de Crest)

Phone : (00 33) 0 4 75 40 03 24

Email : [aube-association@wanadoo.fr](mailto:aube-association@wanadoo.fr)

<http://www.aube-association.com>

**Cost :** Accommodation and meals: **40 €/ day** (per person, sharing a double room)

### **Objectives of the course:**

- To discover the tradition of Pranayama and study in detail its various techniques in order for the student to develop confidence in personal practice and for the teacher to develop teaching skills.
- To deepen the Pranayama practice, to enable participants to understand its mechanisms and lead them towards an 'inner experience'.

### **Theoretical contents:**

- With reference to Ashtanga Yoga of Patanjali: Understanding Pranayama as a discipline for developing awareness of the breath and in turn, of one's own 'vital energy', and gaining insight into one's own 'true nature'.
- Learning how channelling Prana can become one of the most efficient way to clarify one's perceptions and develop one's intuition towards "Cita Vritti Nirodha".
- With reference to Hatha Pradipika and Gheranda Samhita: Indepth study of specific Pranayama techniques,

Introduction to the anatomy and physiology of breathing.

Understanding Pranayama as a science designed to balance the three Doshas and contribute towards developing optimum health and wellbeing for each individual.

### **Practical contents:**

- Practice of Pranayama techniques, offering modifications for each participant, if needed.
- Meditation and Chanting practice, with relationship to breathing control techniques

**Kaivalyadhama's reference books** (available at the workshop or to order) :

Pranayama (Swami Kuvalayananda)

Essence of Pranayama (Dr Sri Krishna)  
Patanjali Yoga Sutra  
Hatha Pradipika  
Gheranda Samhita