

Yoga Academy of North America

Educate · Serve · Transform

The Yoga Academy of North America is internationally affiliated with the Bihar School of Yoga in India.

Since its inception in 2004, it has provided in-depth education in traditional yoga theory and practices to students from over 30 states in the US and 20 countries around the world.

Our courses are for serious students of yoga who want to expand their knowledge and are open to the possibility of being transformed through the process.

YANA is a tax-exempt nonprofit that also promotes and supports seva projects within our global community.

Pranayama & Meditation Training Course

June 9-11, 2017
and
August 19-20, 2017

The first weekend has on-site and webinar options for distance students.
The second weekend is on-site.

Tuition: \$1150
(1st Weekend Only: \$600)

Accommodations are available.
Visit our website for details.

Download the application at
yogaacademyna.org

Send completed application
and payment to:

Yoga Academy of North America

2319 Lee Road
Cleveland Heights, OH 44118

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Fax: 216-371-9780

E-mail: info@yogaacademyna.org



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Academy of
North
America**

Pranayama & Meditation Training Course



*The practice of yoga, in fact,
begins when we come to
the pranayama series...*

— Swami Niranjanananda
Prana and Pranayama



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Pranayama & Meditation Teaching Certification

This course is designed for teachers who want to learn how to incorporate pranayama and meditation more fully into their class planning, and for serious students who want to develop a strong home practice in these techniques.

Pranayama and meditation are not meant to be simple add-ons to an asana class. A thorough knowledge of these techniques will reveal the value of developing each in a systematic, safe and responsible manner.

In the pranayama portion of the course, you will learn:

- theory of prana and related concepts such as nadis and koshas
- respiratory anatomy and physiology to better understand the effects of the practices
- guidelines for practicing the techniques, which will include basic breathing methods, tranquilizing and balancing pranayamas
- related research on prana and pranayama
- how to safely introduce pranayama to your students and how to deepen their practice

The practice of pranayama introverts the awareness and establishes the bridge between the outer and inner realms, creating a natural transition to meditation.

In the meditation portion of the course, you will learn:

- theory of the inner limbs of Raja yoga, progressing from pratyahara (sensory withdrawal) to dharana (concentration) to dhyana (meditation)
- mudras (gestures) that redirect prana and support meditation
- guidelines for practicing the techniques, which will include basic practices that are the foundation for more advanced work
- related research on meditation
- how to safely introduce meditation to your students and how to deepen their practice

The first weekend may be attended via webinar for distance students. The program usually begins Friday afternoon at 3:00pm and ends by 3:00pm on Sunday.

The second weekend of the course is on-site. Classes typically start at 8:00am Saturday morning and conclude Sunday afternoon by 3:00pm.

Following each weekend, there is a two-month period of home study, with mentored student teaching after the second weekend.

Students are provided with recordings to guide them through the pranayama techniques and meditations, along with a detailed resource folder for use in developing their home practice and teaching skills.

Space is very limited in the course due to the personal attention given each student during the home study period.

