

Pranayama, sound and mantra Yoga

50 hour professional development course

One of six study modules on the Yogafurie 300 Hour Advanced Teacher Training

This module begins with a review of traditional pranayama techniques - a chance to reinvigorate and refresh your knowledge and practice.

Then, you'll learn about some of the fascinating modern insights into breath and its potential to recalibrate the whole bodymind.

Together we'll explore the transformative power of breath with specific techniques to install and re-install powerfully insightful states.

Breath is cyclic, breath resonates. Ancient Yogis explored this rhythm, and concluded that the world around them was a pattern of repeating energy.

We'll explore our own experience more deeply through sound and chanting. We'll discuss teachings and the implications of rhythm and resonance for our own practice, and how we teach others.



This module is formally assessed. Upon successful completion of the study period and the assessment, you'll earn 50 CPD hours to add to your professional teaching profile. You can choose your method of assessment from these options:

1) Design a 3 hour workshop for Yoga asana practitioners that focuses on the study topics. You will need to submit your workshop plans, a selection of feedback from attendees, and a report describing how you integrated your new knowledge into the content.

2) Prepare a 3000 word essay based on your own research. This could be a deeper analysis of any area of study covered in the module, or your reflections on how your practice and/or teaching will change in response to your new knowledge.

Course dates

September 15-17 & October 14-15 2023

Course cost

£699. A deposit of £199 secures your space.

If you pay in full before the course starts, you get a £50 discount and pay only £649. Alternatively pay in two instalments of £250 plus your deposit - totalling £699

For more information or to register:

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