



50 Hour Pranayama Teacher Training
May / June 2022
Australian Yoga Academy Prahran

Thank you for your interest in our 50 Hour Pranayama Teacher Training, facilitated by Dominique Salerno.

This comprehensive training is available for already qualified yoga teachers and any sincere and curious yoga practitioner. You do not need to be a yoga teacher to participate in this training.

AYA's 50-hour Pranayama Yoga Teacher Training is a practical deep dive into the ancient art and practice of Pranayama, whilst drawing on the very latest research and practices that have been proven to assist in achieving steadiness of body and mind and helping people to achieve the highest levels of health and wellbeing.

A comprehensive exploration of Patanjali's 4th Limb of Yoga, AYA's Pranayama Teacher Training also examines key Ayurvedic principles and modern science in a practical framework, making this course practical, accessible and available for you to begin weaving into your everyday life and Sadhana as well as your yoga classes and workshops.

The course is accredited worldwide with Yoga Alliance and is an outstanding example of our dedication to furthering the development of yoga teachers.

COURSE DATES 2022.

MEET & GREET

- Online zoom meet and greet on **Tuesday 3rd MAY 6:30 – 8:00pm**

LECTURE AND WORKSHOP DATES:

- 4 x Saturdays and Sunday 10am – 4:30pm: **7th & 14th MAY & 4th and 11th JUNE 2022**

TEACHING PRACTICE & FEEDBACK, (10 hrs total, conducted in person & via Zoom)

- In studio: 4 x Thursday evenings 7pm – 9:00pm: **5th & 12th MAY & 2nd & 9th JUNE 2022**
- Zoom: Prac Labs conducted Tuesday mornings 6:00am – 7:00am **throughout MAY & JUNE 2022**

***Course participants to complete 10 hours in total in person or via Zoom over MAY & JUNE**
(Contact Dominique to reserve your sessions upon enrolment)*



50 HOUR PRANAYAMA TRAINING COURSE OUTLINE

The four units of study are:

UNIT 1. ANATOMY OF PRANAYAMA

THEORY:

- Understanding Yogic anatomy
- Prana, Nadis & Vayus & their functions
- The concept of Kundalini

AYURVEDA 1:

- Introduction to Samkhya Philosophy
- Prana, Ojas & Tejas & their function

TECHNIQUE:

- Uddiyana Bandha Kriya
- Ventral Vagal re-set techniques
- Diaphragmatic breathing
- Ujjayi
- Brahmari

UNIT 2. SUKHAM: CULTIVATING STEADINESS

THEORY:

- Understanding Pranic flow and how to regulate the Pranic currents
- Exploring Bandha & Dristhi
- Understanding the science behind the techniques

AYURVEDA 2:

- Dinacharya: lit. "*cultivation of the day*".

Daily practices and observances to restore mental and physical equilibrium and circadian rhythms to establish steadiness of body and mind.

TECHNIQUE:

- Jiva Bandha 1 & 2
- Mula Bandha
- Sama Vritti 1 & 2
- Nadi Sodhana 1, 2 & 3
- Brahma Mudra



UNIT 3. SUKHAM: CULTIVATING EASE

THEORY:

- Exploring external breath retention (Bahya Kumbhaka), and the art of 'expansive constraint'
- Introduction to Kevala Kumbhaka
- The relationship between CO₂ & O₂
- The relationship between Polyvagal Theory & Pranayama

AYURVEDA 3:

- Rasayana: *lit. "the path of essence"*.

Practices and nutrition for increasing Rasa and replenishing our Ojas, 'essence'. These are the rejuvenative Ayurvedic traditions.

TECHNIQUE:

- Jalandhara Bandha
- Bahya Kumbhaka
- Modern & traditional practices & techniques for managing anxiety

UNIT 4. SAMA: CULTIVATING BALANCE

THEORY:

- Working with 'Ha' & 'Tha' (Yang & Yin)
- Exploring internal breath retention (Antara Kumbhaka), and the art of 'contained expansion'
- Prescriptive Practices: what to practice & when
- The relationship between Doshas & seasons

TECHNIQUE:

- Jalandhara Bandha
- Kapalabhati
- Surya Bhedana
- Bhastrika
- Antara Kumbhaka
- Chandra Bhedana
- Sitali & Sitkari

AYURVEDA 4:

- Ritucharya: *lit "cultivation of the season"*.

AUSTRALIAN

The seasonal practices and observations used to respond to the cycles of nature and assist us to find our place within it.



Course Structure

Saturday Lectures & Workshops

- Each day will start and end with a guided practice.
- Each day will include 2x lectures / workshops which will cover the material specific to that module. (See Module outline above).

Personal Daily Practice, Sadhana

- You will be given a practice prescription, (Sadhana), to be performed each day for the duration of the training for 30 – 40 minutes per day. (20 min AM & 20 min PM).
- You will have the opportunity to workshop your technique and receive any relevant feedback and suggestions during our Thursday in person or Tuesday Digital Practical Labs.

Tuesday & Thursday Practical Labs

- The Tuesday & Thursday practical labs include group teaching practice and feedback.
- This practical component is an invaluable opportunity to refine your teaching and delivery skills, and to ask questions and gain insight around your own personal practice.
- You will need to complete a total of 10 hours of Practical Labs to gain the full 50-hour qualification. These hours may be made up of 'In person' studio hours, (held each Thursday of May & June 2022, from 7pm – 9:00pm at AYA Prahran) AND / OR 'Digital teaching hours', (held via Zoom each Tuesday 2022, from 6:00m – 7am).
- You may choose to combine both 'in person' and 'digital' sessions in any way that suits your schedule. PLEASE contact Dominique upon enrollment to book your sessions and reserve your preferred dates and times. *This component must be completed within MAY-JUNE 2022.*



Location and Parking

- We will be training together at The Australian Yoga Academy in Prahran in our beautiful and well-equipped teacher training facility.
- Address: 42 Clifton Street Prahran.
- Please allow ample travel time to arrive each day (and find a car park).
- The best car parking plan is to use the King Street Carpark which is a five-minute walk from the studio.
- You are welcome to bring snacks and meals, as the space has a small kitchenette with cutlery, crockery, tea, and a fridge for storage.

Course Requirements

- You are required to commit to a daily practice for the duration of the training.
- Participation in no less than 10 hours of practical labs to be completed either in person or via Zoom livestream during MAY & JUNE 2022.
- Required Reading: "Breath" by James Nestor.
- All other supplementary reading material and links to online resources will be supplied upon registration.
- The full 50 Hour accreditation requires successful completion of all 4 Modules.



Accreditation

Continued Professional Development points (CPD) are available for this training through both Yoga Alliance and Yoga Australia.

If you are a graduate of AYA, this training can be added towards your 350hour or 500hour training with the Australian Yoga Academy.

Investment

SPECIAL FULL 50 HOUR PROGRAM PACKAGE PRICE:

\$1,450 FULL PRICE / \$1,250 EARLY BIRD, (**Available till 28th FEBRUARY 2022**)

\$1,250, AYA TTs and Alumni

To register your place in the training please book online: www.australianyogaacademy.com

Contact: If you have any further questions regarding the training, or you wish to connect please contact the facilitator Dominique Salerno via email dominiquesalernoyoga@gmail.com or 0402298199

PLEASE NOTE: Once tickets are purchased there will be no refunds / transfers or credit given.

Should this training be affected by a lockdown, all contact hours will revert to Zoom Livestream.

