

Pranayama weekend from November 22nd until 24th 2019



Pranayama is the conscious control and deepening of the breathing („prana“ = breath and more general the life force, „ayama“ = control and expansion). Breath is life. With the help of Pranayama, the breathing is used to achieve more health and joyfulness.

The Pranayama weekend is suitable for beginners, restarters and experienced practitioners. Each session can be booked individually, or you can join the full weekend program.

For beginners and re-entrants, the weekend starts on Friday evening with a practical introduction.

On Saturday and Sunday early morning, I will teach a basic meditation technique that protects and increases your prana. After that, we will practice Pranayama in the tradition of Swami Kuvalayanda. For interested Ashtangis, a Mysore-style practice will be offered thereafter. On Saturday afternoon, we will discuss the theory behind the subtle energy body (explanation of e.g., Prana, Kanda, Nadi and Chakra), followed by chanting (if time allows) and a final Pranayama session. We will use Sunday to deepen and reiterate our work from Saturday.

I became acquainted with this comprehensive style of Pranayama in 2010 and have since been practicing almost daily. My Pranayama teachers are Sri O.P. Tiwari, a personal student of Swami Kuvalayanda ([//kdham.com/](http://kdham.com/)), and Paul Dallaghan (www.samahitarettreat.com).

Friday, November 22nd

6.00 - 9.00 p.m.	Practical introduction and refresher of Pranayama	50 €
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Saturday, November 23rd

8.00 - 8.30 a.m.	Introduction to Kanda meditation	7 €
8.30 - 10.00 a.m.	Pranayama (practical exercises)	15 €
3.00 - 5.00 p.m.	Theory (Prana, Kanda, Nadis, Chakras etc.) and questions and answers concerning Pranayama, followed by Chanting	40 €
5.00 - 6.00 p.m.	Pranayama (practical exercises)	15 €

Sunday, November 24th

7.00 - 7.40 a.m.	Introduction to Kanda meditation	7 €
7.45 - 10.30 a.m.	Ashtanga Vinyasa Yoga (Mysore-style)	15 €
10.45 - 12.30 a.m.	Pranayama (practical exercises)	15 €

Cost	early registration (until Sept. 30th)	Regular price
Full programme (incl. Mysore)	140 €	175 €
Full programme (excl. Mysore)	125 €	160 €

Registration is required and binding as the number of participants is limited. Please contact me for further information and registration via email mkhschmidt@gmail.com or phone 06174 3240.

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