

## ***Advanced Practitioners Course – Curriculum***

### SYSTEMS AND APPLICATIONS:

*Vinyasa Krama* – An intelligent and progressive step by step approach to arranging the various levels of postures and movements to ensure the lifeforce is cultivated safely.

*Subtle Anatomy* – Nadi, Vayu and Marma. Through asana and more we will explore the junctions of the lifeforce (Prana). The obstructions common to modern habitual posture patterns and how to address them through focus on the Vital points of Marma Shastra.

*Meridian System* – As Chi/Prana travels through the meridian system they pass through the vital organs and can be stimulated with the use of certain fluid, dynamic and static movements.

*Chakra System* – Addressing the emotions associated with each energy center systematically removes the feelings and thought patterns associated with limited belief systems and patterns of conditioning.

*Nervous System* – Somatic Movement Education and Restoration– replenishing the para-sympathetic nervous system through awareness based activities. Understanding when, why and how much is appropriate.

*Devotional Non-Duality* – Exploring the Levels and Laws of Consciousness Research. Transcending the Ego – Learning to let go - the art of Surrender. All the great spiritual masters were adept at surrendering to the Divine. We will explore the techniques of contemplation (Dharana) and the philosophy behind this simple art in daily living.

## TECHNIQUES AND METHODOLOGY:

*Opening the Lotus – Padmasana* – The Lotus posture has multiple variations depending on what internal system one is looking to stimulate and for how long. We will explore this ‘swiss army knife’ of postures systematically.

*The King and Queen – Sirasana and Sarvangasana* – There is a long list of benefits for these two central activities, however there is also a similar list of contra-indications. We will explore their appropriate application, variations and counter-poses.

*Kriyas – Madhya Nauli & The Bandhas* – Exploring the techniques associated with activating and moving from the Vital Centre and their appropriate application.

*The Pranayamas – Ujjayi Kumbhaka – Kapalabhati – Surya Bhedana* – Exploring the fundamental stages of a structured and safe breathing practice with the 3 primary techniques used to set up the central channels of Ida & Pingala

*The Great Seals – Mahamudra and Mahabhandha* - The two primary mudras (internal seals) used to set up the correct internal approach to lifeforce cultivation and clear the energy fields associated with the three base chakras.

*Hand Mudras* – These gestures work on the nervous system through the energy centres of the hands and correspond to the vital organs.