



**Prana for Life** – Given the right environment and tools. The human body has an innate ability to heal itself !

**Course Syllabus** - 300 hrs PLUS  
 Foundation Hatha Yoga Therapy Training  
 – fully accredited training with a pulse for Integrative Yoga practices.

Suitable for non-experienced and experienced Yoga teachers alike .... The course builds new tools regardless of experience. This is first and foremost about learning undiluted practices in Yoga Therapy and gaining confidence to teach to with enhanced skills or to gain a teaching qualification to start teaching with the length of this course .... you gain more experience as we start the teaching back process fairly quickly and keep it going through the course.



**This course is first and foremost a journey of inward discovery on what it takes to bring you into balance ..... and hone your skills on self-care and healing from within.**

- Learning the less explored tools alone throughout this course is reason enough to make it a very worthwhile journey on a deeper development of traditional Yoga Practice in the field of Pranayama and Pratyahara. It is also so much more. Our curiosity takes us deep into undiluted and science-based evidence of Hatha yoga studies, especially that of Pranayama and cleansing practices or Kriyas, that normally are only ever skimmed on in shorter training. The course also touches on Ayurvedic science in an accessible and applicable way in the western world.
- For teachers who have attained a 200 hour qualification in Yoga, this course can be continuing education as a deep dive into elements that are mostly skimmed over in Asana based training. That does not mean we do not attend to the importance of Asana, far from it. Asana will be practiced as a therapy in great detail. When we do it is more specific to common western ailments and very much more used as an Integrative practice. So students new and established coming into this yoga teacher training are equally welcome.
- The basis of the training is for aiding in giving the right environment for our bodies to come to balance and heal. We address High blood pressure, Immune disorders, Back pain, Anxiety, Trauma, Digestive issues and so on, which run through each Body system. Giving teachers the bigger picture of how to deal with these areas for themselves and create a deeper healing response. Asana sequences are given a focus in a way that allows gradual integration for new and experienced students alike.
- In each module we cover certain areas as a toolbox approach. An example of this is The Nervous system. We look at the Anatomy and Physiology, the Asana approach, the

Pranayama best suited for the system, the Kriya work needed, the mantra approach to heal and also the Ayurvedic perspective. We don't just have one option in nervous disorders we have many ways we can bring a prescriptive program together for that individual.

## Our Course Includes:

- An in depth understanding of the bridge between Asana and Pranayama and how to safely prepare and work with a progressive Pranayama practice from a well respected lineage with 100 years of science backed evidence.
- Preparatory or active practices for developing a balanced nervous and chakra system, removing negative traits in our system and regaining balance to sustain breath work more efficiently.
- How progressive practice affects us on a Physical, physiological and spiritual level and how our heart rate lowers, Oxygen levels increase, limbic system balances, the ageing process slows and even reverses.
- Ayurvedic diagnostic techniques, how to identify a dosha, the pulse and diet habits for balance in each Dosha (the individuals make-up)
- How to approach Kriya work effectively for health and how to personalize your own practices
- Understanding by growing through the year in your own personal practices. These will be tailored to your individual needs and you will understand prescriptive practices for each individual.
- Learning ancient wisdom of healing through Vedic chants and Mantras.
- How disease manifests in the body and why modern medicine is just not working for long- term diseases and disorders. How to address this by understanding what is the right environment for each individual.
- Sequencing and programs to suit each individuals system and disorder. With Asana, Pranayama, Mantra and Kriyas.
- Teaching methodology, how to approach progressive Pranayama, classroom environments, learning and teaching styles, salient features in class planning.



Our Intensive with **Sri Sudhir Tiwari** from the **Kaivalyadham Institute** and lineage, imparts the ancient wisdom of Yoga Therapy in a very concise and accessible way. The Intensive alone is a transformative step on your journey to being a successful Yoga Therapist.

## Our Monthly Schedule:

The course commences with a 2 day Intensive to get the basics underway and establish a daily short regime of what we call the **“undoing”** and **“revealing”** of our self or our nature. The order of these practices is unique and highly effective.

I believe weekends are precious!! They are to me and they are if you are a family, a couple or otherwise. Most teacher trainings run on a weekend ..... this one runs during the end of the week, with Thursday afternoon online and Friday in person. I have spent most of my working life delivering Yoga workshops on weekends and I feel life is more flexible these days and so 2 days per month during the week, means we still have our weekends for those we love. There will be 11 occasions where we meet in person over the year on a monthly basis. These will develop all the practical elements of the course and allow us to

experience how this integration feels in ourselves. Of these module 4 and 8 are longer all in person intensives for deeper integration.

**Each month – Thursday online recorded sessions allow guest teachers in Canada and the USA to join us (4hrs) and Friday 9-4pm (600hrs route) in person in Stirlingshire, Scotland.**

**Intensive 1 – Sudhir Tiwari x 4 days**

**Intensive 2 – Siobhan Fitzgerald x 3 days ...at the foot of Ben Lomond with private beach and outlook over Loch Lomond. It includes Ayurvedic detox meals, all teaching and meditation.**



Dates for the year 2024 are on our website:

<https://www.pranaforlife.com/advanced-yoga-therapy>

Lead Teacher **Siobhan Fitzgerald** is certified to teach **Pranayama** in the lineage of the **Kaivalyadham lineage**. She has the ancient passed down skills of reading the Ayurvedic pulse to prescribe a personal practice.

The science from this lineage has trialed and tested Yoga therapy for the last 100 years. The guidance and wisdom has come from Surgeons, Neurologists, Philosophers, Ayurvedic doctors and Yoga Therapists at the top of their field.

About Lineage -

<https://www.pranaforlife.com/teaching-lineage>

## **Pranayama and Breath work practices**

The most intrinsic part of Yoga is the breath, otherwise as a great yoga teacher said “we are simply just throwing shapes in a gym-like fashion”. In this course we look at its therapeutic qualities in great depth, something that is only ever skimmed on in other trainings as the knowledge is so little in the west and conflicting as well as being overwhelming. With direct instruction from a lineage we have order, sequences, ratios and an understanding of its true effects on our system. In this way we can use each of the Pranayama practices as individual tools to heal in individual circumstances. The most important part is the anatomical mechanism and how it is enhanced. Do we actually know how to teach students how to breathe correctly and effectively without as often happens they appear to be, but are still missing key salient features?

Secondly using preparatory practices to settle and detoxify the nervous system and heart rate. This part is rarely practised or understood well enough, yet it is the essential bridge to getting Pranayama to work at its optimum. Kriya work is another area that improves our systems and removes blockages in our Prana flow. We learn about CO<sub>2</sub> and O<sub>2</sub> and how we can break the stress mechanism. Lesser known information about how despite breathing regularly or exercising, if we are still stressed that oxygen binds in the blood and is never properly delivered to the cells. We can break this cycle. The ultimate goal is always balance in our body and our mind. A calm individual has slowed down enough to begin to heal. Pranayama is the key and ultimate Tapas to transformation. Bit by bit through this course we slow down the system, first heart rate and pulse, then physiologically and finally the limbic system.....and all this in the course of a year so it is a powerful journey to be on and we always do it together as a team. I like to bring us all together and into synch as fast as I can during the course.

**Siobhan.**

## **Anatomy, Physiology and Pathology**

Siobhan has lectured in Anatomy, Physiology, stress management, Diet and lifestyle, Health integration therapy and Perspectives of health through the ages and Human Pathology for the past 12 years. When she teaches, she has a passion for delivering these systems in a dynamic and fun way, making it understandable and applicable to Yoga Therapy. The balance is to get the Eastern version and the Western version to synch with each other so we understand what Allopathic care looks like and what “is” and “is not” effective, and then to look at Yoga therapy perspectives on the disorder or disease and understand WHY it has manifested in the first place. In this way we can be in a more powerful position to heal.

## **Expectations on this course**

On the course you will have a quiz each month to test the system we are currently working on. In the skeletal system we look at back pain and how 70% of this is stress related, we remove the stress and we improve the spinal health and the back pain is far less likely to return. Lessening the burden on the health system in the UK and medicines like anti-inflammatories, antacids, steroids, anti-depressives and so on.

## **Asana in Yoga Therapy**

The way we treat Asana on this course is in looking at its therapeutic value in each system. An example would be to take the Respiratory system. What are the most favourable asana in prone, supine, seated and standing to benefit this condition or area of the body. How can we make the sequence progressive and how can we adapt to suit different Pathologies. What are the focus points in the Asana as per directed teaching approach to the student so the maximum gain is achieved. Inevitably working like this brings great change and transformation. We slow things down, rest in between, hone in on areas that may restrict good movement and learn to recognise how to surrender and let go in order to heal.

## **Ayurveda**

Ayurveda is the oldest healing system of eastern medicine in the world. It is also the most complex and multidimensional. Based on 5 elements in nature we are all a unique combination of these. So are the foods we eat and the environment we live in. This is what we can work with, it is known as our Dosha or Prakruti. When we are out of balance we look to this wisdom as a far more logical way of addressing Yoga practice, Detoxification, Diet changes and the application of Pranayama. Siobhan has worked and trained with Ayurvedic doctors at the Kaivalyadham Institute and studied this ancient art of healing for the past 30 years. This course looks at its wisdom in depth and how it affects each system of the body and how to heal and regain control and balance. In the west diet has become confusing, excessive and toxic for our systems. Ayurveda strips this back to a much more logical and simple approach to food, diet staying in optimum health and healing from diseases and disorders.

## **Philosophy and Energetic systems**

Our guest teachers impart their experience and knowledge of the ancient wisdom of the Patanjali Yoga Sutras, The Svastmarama's Hatha Yoga Pradikipa, The Gheranda Samitha and The Philosophy of Ayurveda and the ancient Samkyan philosophy of the 5 elements. We apply this to healing and therapy.

At the end of this training students will be well equipped to understand and confidently teach back in a variety of circumstances. The year journey is one of self-mastery and discovery. Once we have achieved this only then can we impart that knowledge to others. We have to live, breathe and practice in a transformative way for ourselves in order that we can give programmes of therapeutic value to others.

**Testimonials** – hear what our students from last year have to say about their journey.

<https://www.pranaforlife.com/testimonials>

**Enquiries and eligibility to this course email** : <mailto:info@pranaforlife.com>

This course is unique and designed to transform ourselves and grow in order to transform others. The unique blend works in harmony to be highly effective in a therapeutic approach. The science is wholly imparted over the duration of the course. When we commit to a daily practice of this kind we transform at a very deep and profound level. The shift to a better way of living is irreversible once that positive change takes hold. Training with **Prana for Life** teaches us to be very confident and learn that wisdom for yourself. Only then can you be a Yoga Teacher who can instil that change in others.

I am a living testament to the benefits these practices have had on my life dealing with my own trauma and issues as a result of childhood and teenage instability. I have used this system to heal my soul, my mind, my body and my life. I am happy and what is more I am free from the binds that negative influences can have on our lives and mine was no exception. Time invested is never time wasted.

**Siobhan Fitzgerald**  
**Course director**