

Inner Peace Yoga Therapy Level 2 Course ~ Red Feather Lakes Colorado, July 2019

Daily Schedule:

Generally speaking, the program's daily schedule is as follows:

- 6:00 6:30 Morning Meditation
- 6:30 8:00 Morning Asana Practice
- 8:00 9:00 Breakfast
- 9:00 12:30 Morning Class
- 12:30 2:00 Lunch and Free Time
- 2:00 5:30 Afternoon Class
- 5:30 6:30 Daily wrap up, integration, meditation and closing
- 6:30 on Dinner and free time

Detailed Course Outline:

Monday, July 1, 2019. Arrival/Check in at Shambhala Mountain Center between 2-5pm at Guest Registration Office.

Tuesday, July 2-Saturday, July 6, 2019

The Living Vitality of Your Authentic Self: Prana and the Application of Sacred Healing

Instructor: Shanti Shanti Kaur Khalsa

Awaken what is already yours: the capacity to heal through your presence. As a yoga therapist, yoga teacher and healer, you have developed a way of working that has been successful for you. Now is the time for a deeper understanding and experience of your capacity as a sacred being in your work and in the world. No matter what your healing or yoga tradition, participating in this training will uncap your hidden potential as a healer, teacher or practitioner. You will begin to be through your radiance and spirit. Explore and Experience:

- Extended Meditation and Kriya Practice
- Your Skillful Use of the Flow of Prana
- Specific breath techniques to invoke the body's natural capacity for self-regulation
- The three Nadis working together to awaken healing potential
- Applying the bhandas to give your breath power
- Unlocking Prana through mantra
- Your Radiant, Subtle, Pranic and Auric bodies in relationship to breath and healing

In ancient times, yogic healers invoked prana through the three channels of Ida, Pingala and Sushmuna as their medicine and mode of treatment. These methods were used to raise vitality, balance the tattwas, improve immune response, regulate the glandular and nervous systems and overcome anxiety and depression. The effects are deep and lasting and apply broadly to multiple health conditions. Discover rhythmic breath pranayam as a powerfully sophisticated healing technology for yourself and for your students and clients.

The Living Vitality of Your Authentic Self is a deep, transformational, frequency adjusting gem open to yoga therapists, those in the integrative healing arts, yoga teachers and yoga

practitioners. Although the methods presented are from Kundalini Yoga as taught by Yogi Bhajan, they can be applied by yoga practitioners and healers of all traditions.

Sunday, July 7-Thursday, July 11, 2019 (course finishes with lunch at 12:30pm on July 11).

Applied Ayurvedic Studies

Instructor: Indu Arora

Samkhya Philosophy for everyday life

Samkhya Philosophy serves as a basic foundation to both Yoga and Ayurveda. This philosophy has to be understood at the experiential level in order for one to really live the sister sciences. On this day we will discuss, practice, learn in depth on this subject from a theoretical as well as practical perspective.

Dwadhasa Prana and triangles of 5 Prana, 5 Pitta and 5 Kapha

The entire subject matter of Ayurveda can be understood if one understands the Tri-Dosha theory, the concept of 10 Pranas and Marmani. We will do practices to understand the role of Marmani in asanas, pranayana, shat kriyas, Mantra and Mudras. In order to go deeper in the realm of Prana we will talk about the relationship of five pranas in each breath and 5 asanas in natural urges and cravings. Understand doshas intellectually is easy but to work on it using Yoga practices is not. We will do practices that address this particular area and shed light on how to practically apply this theory in everyday life.

Yoga Practice of and for the 7 tissues

The issues are in our tissues. We hold the experiences (good and bad, pleasant, unpleasant, desirable and undesirable) in our body as cellular memory. This affects the agni of the tissues and the metabolism of the food as it passes through. This day is dedicated to understand the 7 tissues, the practices to address conditions related to 7 tissues, the 40 types of Agni and 14 channels.

Self care rituals, Dinacharya and Ratricharya, 10 steps to a healthy *Elevate*

Dinacharya is a 10-step Ayurvedic routine to maintain health. We often hear that Ayurveda suggests a daily am ritual however very few know about the routine associated with the evening hours known as Ratricharya. This 10-step routine helps in calibrating the 24-hour cycle comprising of 5 steps for 12 Hour Solar cycle and 5 steps for 12-hour lunar cycle. It promotes deep sleep, rest, rejuvenation, cleansing and strengthening of immunity. Learn how to log your practice and observe the improvement in your health. Learn the importance of healthy routines of sleep, diet, sex, cleansing and Yogic practices upon waking up and before bed. A must for all!

Elevate your life by living Yoga and Ayurveda (Practice and conversation)

Group Discussions, practices and Q and A related to the topics we discussed in the first four days.