

unitofstudyoutline
 e unitofstudyoutlin
 ne unitofstudyoutli
 line unitofstudyout
 utline unitofstudyou
 outline unitofstudy
 outline unitofstud
 dyoutline unitofstu
 dyoutline unitofst
 studyoutline unitofs
 fstudyoutline unito



Nature Care College

Pranayama -Yogic Breathing

DESCRIPTION	Yogic philosophy and physiology regard the control of the breath as one of the prime means for achieving physical, mental, emotional and spiritual wellbeing. Pranayama, the fourth “limb” of yoga, is the science and art of establishing healthy breathing habits and the use of particular breathing techniques to facilitate a range of positive therapeutic outcomes. This module will train participants in the principles, practices and teaching of the more common pranayama techniques.	
DURATION	24 hours	
LEARNING OUTCOMES	By the end of this unit of study students will be able to: <ol style="list-style-type: none"> 1. Explain the principles of Pranayama practices 2. Explain the role and use of breath and breath awareness in yoga practices 3. Teach the four phases of the breath and explain the uses and effects. 4. Teach full yogic breathing and explain its uses and benefits. 5. Teaching specific Pranayama techniques, and explain their uses, benefits and contraindications 	
TEACHING METHOD	Theory - lectures in classrooms, using specific texts and lecturer’s experience. Practical work with execution of Pranayamas and related Asanas. Group discussion and keeping a journal. Contents will be reinforced through integration into Asanas 1, Asanas 2, Yoga for Special Needs, and Teaching Practice Modules.	
ATTENDANCE	90% minimum	
ASSESSMENT	Practical Demonstration (due week 6)	50%
	Written Assignment (due week 6)	50%
	Participation in class/group discussions (ongoing)	
	Pass / Fail only No higher grades available.	
	NOTE: Students are required to keep soft and hard copies of assignments. Should you wish to have your marked assignment returned to you, please attach a stamped self-addressed envelope to your assignment and your lecturer will post your assignment to you. Assignments without an envelope attached will be destroyed.	
PRE-REQUISITES	Nil	
CO-REQUISITES	Anatomy & Physiology 1A Asana (Postures) Level 1	

Nature Care College Pty Ltd ABN 77 105 282 264

46 Nicholson Street, St Leonards NSW 2065

Tel: +61 (0)2 8423 8333 Fax: +61 (0)2 9436 0503

email: info@naturecare.com.au website: www.naturecare.com.au

MATERIALS REQUIRED	Notebook, pen, comfortable clothing.
TEXTBOOKS	<p>Compulsory: Satyananda S, 1996. <i>Asana, Pranayama, Mudra, Bandha</i>. Bihar Yoga Bharati, Bihar. Desikachar T, 1996. <i>The Heart of Yoga</i>. Inner Traditions, Vermont.</p> <p>Recommended Reading / References: Iyengar, BKS 1918, <i>Light on Pranayama: The Yogic Art of Breathing</i> The Crossroad Publishing Company Mohan A, 1994. <i>Yoga for Body, Breath and Mind</i>. Rudra Press, Madras.</p>

SESSION-BY-SESSION OUTLINE

SESSION 1	Introduction to Pranayama – definition, theory & principles of practice. Pranayama and Patanjali Yoga Sutras
SESSION 2	Anatomy and physiology of breathing Role of breath in asana, pranayama and meditation practices
SESSION 3	Four phases of breath Three part breath and full yogic breath
SESSION 4	Principles of warming and cooling breath – Ujjayi / Anuloma / Viloma / Sitkari / Sheetal.
SESSION 5	Some common pranayama techniques – Kapalabathi / Bhastrika / Brahmari / Nadi Shodhana
SESSION 6	Class demonstrations and presentations
	Assignment Due

Please be respectful of your fellow students and arrive on time for class. Please ensure all mobile phones are turned off prior to the commencement of class.