



April 8th - 10th 2011

# Deepen your Yoga Practice

Pranayama, Asana and Philosophy  
with Paul Dallaghan (certified)



**Pranayama** is a fine science and a subtle art which requires time and a dedicated practice in order to be truly understood. This weekend is a great way to begin a pranayama practice or to learn and practice refining an ongoing practice.

**For beginners:** you will learn the basics and go home with a base practice.

**More experienced:** you will be given personal help for refining your practice.

All students will learn and practice the techniques of pranayama as well as the philosophy of pranayama as a path to meditation. The correct method and practice of techniques such as uddiyana, agni sara and kapalabhati. A number of preparatory practices that address the level of tension built up in the abdomen and throat/jaw region. Some of the classical pranayama techniques.

The key principles of alignment, integrity and energy will be the focus of each vinyasa asana session. From alignment we get the correct grounding and extension while integrity identifies the correct muscular support. Awareness and proper breathing added to this structure affects the energy that vinyasa can further affect.

All this informs us what really are bandhas, drishtis, vinyasas and ujjayi breaths.

The principles of Asana are universal and just need to be internalized through understanding and practice. With integrity and effort possibilities open up for everyone.

We will also have discussion sessions with Paul on both the practices and philosophy. Any questions you have are welcome.

The sessions are open to all levels of students. The sessions will be progressive so it is recommended to follow the program of the weekend as much as possible.

## Paul Dallaghan



Paul is an experienced student and teacher of Pranayama, Asana and the meditative art and science of Yoga. He has been a dedicated student for over twelve years of both Sri O.P.Tiwari, one of the few remaining classical yogis and masters of pranayama and the late Sri K. Pattabhi Jois in ashtanga vinyasa. Both of these great teachers have personally certified Paul in these practices which places him in a unique position as the only one to receive this double honour. Paul continues with Mantra practice and meditative approaches,

primarily influenced by the Thai Buddhist Forest Monk tradition. This combination of practice and study through dedication and devotion has helped him gain some understanding of practice and to apply this appropriately in Asana, Pranayama, Mantra recitation and Meditation for the different level of students he has the privilege to share the teaching with. One of his main gifts is to be able to relate the teachings in a very down-to-earth way for the modern seeker. He does not take life or yoga too seriously and as a result the discussions and philosophical sessions are lively and humorous, helping to explain the meaning behind the practices and philosophy. With his wife, Jutima, they opened Yoga Thailand and he knows firsthand about raising a family, earning a living and keeping a sincere connection with practice and internal development. Please visit [www.yoga-thailand.com](http://www.yoga-thailand.com) and [www.centeredyoga.com](http://www.centeredyoga.com) for more details.

### Prices

<b>Whole Weekend</b>	EUR 155* / EUR 175
<b>Single day</b> (registrations only upon availability)	
Friday or Sunday	EUR 45* / EUR 50
Saturday	EUR 80* / EUR 90

\* early registration and payment before February, 15th

# Private Yoga

INSTITUTE

Private Yoga Institute  
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Friday, April 8th		Sunday, April 10th	
6:00 – 9:30 pm	Asana & Pranayama 1	7:30 – 9:00 am	Pranayama 4
Saturday, April 9th		9:00 – 10:30 am	Asana 5
9:00 am – 1:00 pm	Pranayama & Asana in detail 2	10:30 – 11:00 am	final discussion and Q&A 6
3:00 – 5:00 pm	discussion and Q&A & Pranayama 3		

### Class descriptions:

- The key grounding elements of asana and their relationship to pranayama and later practices leads us into an introduction to the basics of pranayama the seat, the tools and the preparations. These will involve a mixture of exercises both laying down and seated.
- Continuing from the introduction, build on the preparations and work on some of the classical pranayama practices. These are done seated with specific guidance. The art of vinyasa lies within the sun salutes. The keys of alignment and integrity can be found in the standing asanas. This can be more deeply applied in seated asanas. Completed by detail on inversions.
- The meaning of hatha yoga and the place of asana and pranayama within this. What all this has to do with daily life and "spiritual" growth. Your questions answered as informed as possible. Plus further work on the classical techniques of pranayama.
- A full pranayama practice covering preparations and the techniques.
- Asana – a full and alive practice applying techniques learned (1.5 hrs).
- Clarity on what to continue at home for you as a personal pranayama practice. more on the philosophy and your questions.

**Bookings/Informations: Tel 069 - 66 42 68 50**  
OR  
[kontakt@privateyogainstitute.de](mailto:kontakt@privateyogainstitute.de)

As the number of participants in the workshop is limited, places are reserved based on order of registration. Information will be placed on our webpage immediately should the workshop be sold out. **Registrations are only valid upon payment of the workshop fee**, which is to be transferred into our account **within 7 days of registration** or paid directly in the studio. Please note: Registrations are reserved upon acceptance of payment, however no written confirmation will follow. Cancellations are possible free of charge up to 6 weeks before the start date of the workshop. However, a charge of 25% of the workshop fee will be taken for cancellations up to 4 weeks before the course; 50% for up to 2 weeks. No reimbursement will be offered (also for cancellations based on medical conditions) after this time.

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