

# Focused Training on Pancha-Prana & Physiology of Yoga Exercises



Transform Your Teaching Practice with a short 11-Hour Course

Experienced Yoga Guru, Sanjeev Krishna of Dubai, says: "There is no other course like this in the world. It is essential to truly understand yoga."

Padmaja, a yoga teacher from Texas, trained in the tradition of SVYASA (200 hours) and Krishnamacharya (500 hours) notes: "This is very different and much more advanced than what I have done and am very curious to know more. I am lifelong learner."

Hear from Anupma Mangla, a yoga teacher from California and others in the video link below.

## What You'll Learn:

- ✓ **Spinal Alignment & Five Prana Vayus:** Explore the Pancha-Prana system and its relationship to yoga. Physiological and Prana impact of spinal alignment and stretches.
- ✓ **Pranayama:** Understand the physiological and Pancha-Prana effects of breathing techniques.
- ✓ **Chair-Based Pranakriya:** Demonstrate and experience Pancha-prana effect of simplified and effective kriyas.
- ✓ **Chakra Practices & Meditation:** Learn the interaction between chakras, prana vayus, and meditation practices.
- ✓ **Sequencing Yoga Practices:** Learn to sequence practices to maximize impact of Pancha-Prana for Chitta Shuddhi (cleansing of Naadis).

## How You'll Learn:

- **Expert Instruction** of Naadis and Pancha-Prana communication in each type of Yoga Practice
- **Hands-On Practice:** Over 50% of course time is spent in demonstrations and guided practice.

Course Fees	CYAI Members	Non-Members
Early Bird*	\$74	\$99
Regular	\$94	\$119

\*Early registration constitutes payment made 30 days before course starts  
 • Refunds are available 15 days before the course begins. There will be a \$10 processing fee. From 14 days before a course begins, there will be no refund.

**Prerequisite:** Considerable experience as a yoga practitioner, teacher, or therapist, with a knowledge base equivalent to CYAI certification in Patanjali Fundamentals.

[Click here To Register](#)

- Each batch is limited to 15 participants for learning effectiveness.
- To accommodate people from different time zones each batch has a different Eastern USA Time

Batches	Dates for 2025	Timings
Batch - 3 of course	May 3-4, 10-11, 17-18	<b>Fully Subscribed</b>
Batch - 4 of course	Jun 14-15, 21-22, 28-29	3:00 -4:50 pm
Batch - 5 of course	Aug 16-17, 23-24, 30-31	8:30 -10:20am
Batch - 6 of course	Oct 11-12, 18-19, 25-26	7:30 -9:20am

[Register Here!](#)

Those who require experience in leading a class towards fulfilling requirement for CYAI Instructor certification can make a request after the course

## This course is perfect for:

- Yoga Teachers & Therapists
- Advanced Practitioners
- Certification Seekers
- Healthcare Professionals
- Spiritual Seekers



## Course Faculty -

**Dr. C. Rajan Narayanan, PhD, AYTh, former C-IAYT**  
 Executive Director of Life in Yoga Institute,  
 Secretary of the CYAI Board, a spiritual guide and a  
 trainer of yoga teacher and therapist with over 25  
 years of experience.