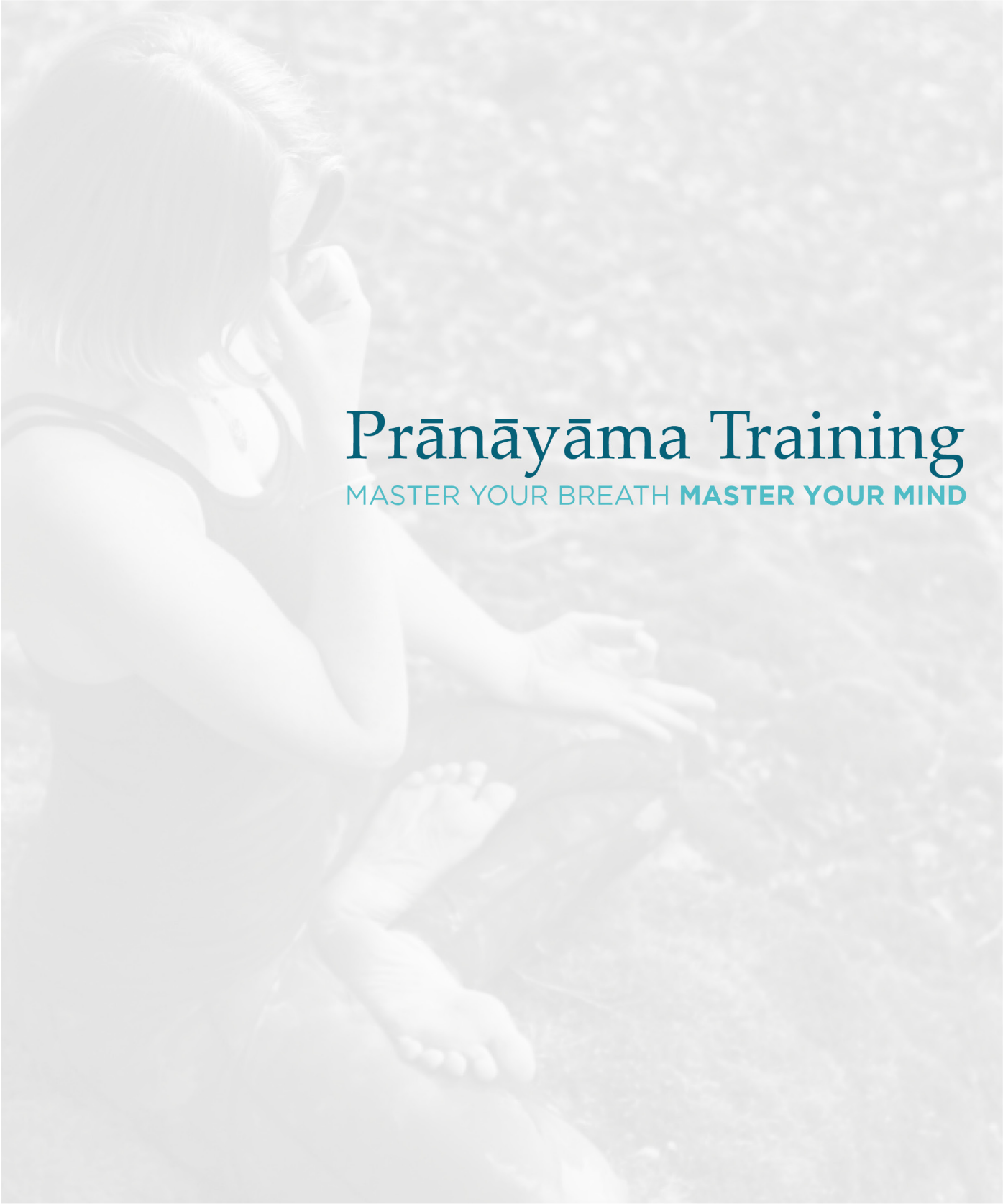


A woman with long dark hair is sitting on a grassy field in a meditative pose, with her hands resting on her knees and her eyes closed. The image is faded and serves as a background for the text.

Prānāyāma Training

MASTER YOUR BREATH **MASTER YOUR MIND**

EVOLVE
YOGA
TRAINING



Mastering the Breath

Pranayama *The Breath of Life* is your **very own superpower**—a tool to manually override stress responses and **upgrade your health** at a cellular level. By regulating the breath, we liberate the power of **Prana** (life force energy), allowing us to move beyond our mental stories and conditioned limitations.

The Dual Impact

- **The Physical:** Experience a cellular "upgrade" that boosts vitality and resets your nervous system.
- **The Spiritual:** Awaken states of deep stillness and "alert presence," leading to a happier, more fulfilling life.

***The Result:** You stop living through your limitations and start tapping into the true greatness of your being.*

The Benefits of Pranayama

- **Mental:** Sharper focus, reduced anxiety, and emotional self-mastery.
- **Physical:** Boosted immunity, balanced hormones, and increased energy.
- **Spiritual:** Moving beyond "conditioned stories" into a state of alert stillness.

Brain Wave Shifting

During the "pause" between the inhale and exhale:

- The constant chatter of the mind (the "monkey mind") often goes quiet.
- Science shows that these pauses can help shift brain waves from **Beta** (active/stress) to **Alpha** or even **Theta** (deep relaxation/meditative) states. This is the "alert presence" that has been described as the state or process of Yoga

What you will step away with

The Shift	The Result
From Chaos to Coherence	A nervous system that is resilient to stress.
From Breathing to Pranayama	A custom-built personal practice for daily life.
From Mind-Full to Mind-Mastery	The ability to observe and calm the "monkey mind."
From Habit to Healing	Scientific tools to rewire your brain's response to trauma.

Course Overview

*This training takes you on a **step-by-step** journey, beginning with how to manage the breath and how to progress into the **deeply therapeutic practice of Pranayama**.*

*Rooted in the 100-year scientific tradition from **Kaivalyadhama, India**, it is a blend of ancient wisdom with modern science.*

Designed for **Yoga teachers** (offering 40–100 CPD credits) and dedicated **practitioners wanting to deepen their yoga**. It is a step-by-step journey to move from faulty breathing habits to mastering the **breath** through all of the classic **Pranayama** techniques to channel the life force energy through the energetic channels of the body.

The Training comes in a Three-Part Structure

Course Structure

-
- **Part 1 FOUNDATIONS** | 40hrs **Three** consecutive weekends in **Manchester**, plus **2 zoom classes per week** plus a *free* one to one. Expect a weekend that is half **science lab** and half **spiritual sanctuary**. You'll leave with a custom-built personal

practice and the ability to explain exactly *why* it's working on a cellular level.

- **Part 2 ONLINE PORTAL** | 20hrs Guided **videos** for **home integration** practice; kriyas (purification techniques) & preparations such as kapalabhati, pelvic floor connectors, and a Yoga Asana sequence for better breathing. Plus a comprehensive

lecture on how Pranayama affects the **Subtle Body**.

- **Part 3 SUBTLE BODY** | 4 day **Retreat**. This is your opportunity to fully immerse yourself in practice, bringing together all elements of Part One & Two in a practical experiential experience. Maximum 8 students to give you that individual attention to advance your own practice and **complete your 100 hours** certification.

Foundations & first steps.

Part One (Foundations): Focuses on "untying" the breath. You'll learn to release physical tension e.g. a tight diaphragm & psoas muscle caused by **stress or trauma**, then transition from "**breathing better**" to mastering the biological and spiritual "switches" of the body. You can expect a deep dive into these distinct areas:

- **Awareness.** Shifting from shallow breathing to diaphragmatic breathing to calm the nervous system.
- **Cleansing.** Using *Kriyas* (purification techniques) to prepare the body.
- **Physical Locks.** Understanding the pelvic floor, *Bandhas* (internal locks), and *Mudras* to control internal pressure.
- **Mastery.** Understanding how to move from simple breathing in **six classic Pranayama** techniques.

Key Syllabus Highlights

- **Science:** How oxygen, CO₂, and nitric oxide affect the body; how Pranayama increases antioxidants to slow aging.
- **Philosophy:** Studying the 8 Limbs of Yoga, Hatha Yoga, and the "Subtle Body" (energy centres).
- **Personalisation:** Creating a practice tailored to your specific body type (*Dosha*) via pulse reading.

The Benefits

- **Mental:** Sharper focus, reduced anxiety, and emotional self-mastery.
- **Physical:** Boosted immunity, balanced hormones, and increased energy.
- **Spiritual:** Moving beyond "conditioned stories" into a state of alert stillness.

What can I expect from the weekends?

This isn't just "breathing exercises"—it is a deep, **scientifically-backed** system to regulate your nervous system, improve your health, and advance your yoga practice or teaching.

- **Mornings:** Physical practice, understanding what movement unlocks which muscles, e.g releasing the diaphragm/psoas, and learning to breathe through any resistance techniques.
- **Afternoons:** Lectures on science and philosophy, mantra chanting, and restorative yoga.
- **The Finish:** Each day ends with Yoga Nidra (deep guided relaxation) to integrate the learning.

Who would benefit from this Training?

This course is taught through the Kaivalyadhama lineage (India's leading research institute), with 100yrs of Science and tradition, however, but you don't have to be a yoga teacher, our graduates include;

- **Medical Professionals:** GPs and healthcare workers looking for science-backed wellness tools.
- **Creatives & Athletes:** Dancers, singers, and coaches who need to optimize their lung capacity and performance.
- **Healers:** People in the wellness industry looking for traditional, lineage-based expertise.

The Venue

- **Location:** Studio 17, Egerton Road South, Stockport (SK4 5BR).
- **Amenities:** Includes a kitchen, a quiet outdoor space, free parking, and is just a 5-minute walk from Heaton Chapel Train Station.

Three weekends, three key areas.

The Biology of Calm

This module focuses on the **Nervous System** and the physical mechanics of energy.

- **Vagal Tone:** Learning how to manually stimulate the Vagus nerve to switch off stress.
- **Heart Coherence:** Aligning your heart rate with your breath to create mental stability.
- **The Pelvic Floor Connection:** Understanding that a strong pelvic floor is the "lock" (*Bandha*) required to control the power of your exhale.
- **Prana & Nadis:** Mapping how life force energy moves through the body's channels.

Samadhi ~Mind Mastery

From the body to the **Psychology of Yoga**, using classic texts to understand the mind.

- **The "Whirlpools" (Vrittis):** Learning to manage the constant fluctuations of thought through meta-cognition (observing your own thinking).
- **Tapas (Heat/Discipline):** Why Pranayama is considered the most powerful "purification" tool for the mind.
- **Hatha Yoga & Kundalini:** Understanding how the breath through pranayama prepares the body for a "divine union" and the awakening of dormant energy.

The Exhale & CO2

This is the "Advanced Science" phase, focusing on **Retention** and chemistry.

- **The Exhale & Retention:** Taking the foundational breathing further by holding the breath to build CO2 tolerance.
- **CO2 as a Tool:** Using CO2 not just for health, but as a "sedative" to deepen concentration (*Dharana*) and meditation (*Dhyana*).
- **Neurological Rewiring:** Using specific breath patterns to create new neural pathways for expanded consciousness.

Pranayama Training 100hrs Video

This video explains how this Training is delivered in Three Parts



Summary of Expectations

You will move from...	...To
Simple Breathwork	Authentic Pranayama
Stress/Anxiety	Vagal Tone & Heart Coherence
Over-thinking	Mind Mastery (Vrittis)
Physical Movement	Neurological Rewiring

Teaching the breath is a significant step because you are essentially teaching people how to rewire their own nervous systems. This Training is designed for both **Yoga Teachers** and those interested in Health and Wellness our **accreditation by Yoga Pros** ensures you have "heaps of support" to do this safely and effectively.

What's the next step?

If you would like to join the course please don't hesitate to get in touch info@evolveyogatrainingh.com or you can **Book Now** via the website via the link below:

<https://www.evolveyogatraining.com/pranayama-40hrs-training>

Recommended Reading List

Pranayama - Mudra and Meditation

Dr. Sharadehandra Bhalekar

Science of Breath: A Practical Guide

by Swami Rama Rudolph Ballentine & Alan Hymes

Pranayama

by swami kuvalayananda

The Power of Now

Eckhart Tolle

Yoga sutras of Patanjali

Yoga of the Subtle Body: A Guide to the Physical and Energetic Anatomy of Yoga

by Tias Little

Table of Benefits

In short: Pranayama is essentially a "superpower" tool that allows you to manually override your body's stress responses and upgrade your health at a cellular level. These are just a few of the benefits.

- **Cellular Anti-Aging & Detox**
- **Nervous System Mastery**
- **Brain & Mind Clarity**
- **Respiratory & Hormonal Balance**
- **Emotional Stability**

System	Key Benefit	How it works
Cellular	Anti-Aging	Increases antioxidants like Glutathione.
Mental	Focus & Clarity	Connects the mind/breath to stop "over-thinking."
Nervous	Stress Relief	Stimulates the Vagus nerve to induce calm.
Physical	Vitality	Increases oxygen efficiency and immunity.
Emotional	Stability	Creates a gap between stress and your reaction.

Repetition of the essentials

Throughout the 3 weekends simple techniques will be repeated to help embody and integrate them. **Pranayama emphasises the exhale over the inhale** Most people breathe "up" into their chest when stressed, which keeps them in a state of anxiety. By focusing on a long, slow exhale:

- You maximise **oxygen absorption**.
- You trigger the **Vagus nerve** (your body's "off switch" for stress).
- You create **internal stillness**, allowing you to "get out of your own way" and move beyond the ego.

The Magic of the Exhale

Here is why the exhale is a physiological game-changer: By exhaling longer and embracing CO₂, you aren't just "relaxing"—you are chemically optimising your blood to deliver more energy and life force to your entire body.

When you realise that holding the breath is a **biological reset button** rather than a test of endurance, the fear usually disappears.

In the tradition of Kaivalyadhama (the school this course is directly connected to), breath retention is called **Kumbhaka**. It isn't about struggling; it's about creating a "still point" where the body can perform deep maintenance.

Here is why that "still point" is so powerful:

- **The Vagus Nerve Trigger:** Your heart rate naturally speeds up slightly when you inhale and slows down when you exhale. By intentionally lengthening the exhale (making it twice as long as the inhale), you send a constant signal to your brain that you are safe. This flips the switch from **Stress (Sympathetic)** to **Relaxation (Parasympathetic)**.
- **The "Slow Stretch of the inhale "** into the diaphragm for a deeper, more efficient next breath.
- **Maximum Absorption:** Slowing down the breath gives the lungs more time to actually transfer oxygen into the blood. Rapid breathing is "wasteful" breathing; long exhales are "efficient" breathing.
- You create **internal stillness**, allowing you to "get out of your own way" and move beyond the ego.

By exhaling longer and embracing CO2 , you aren't just "relaxing"—you are chemically optimising your blood to deliver more energy and life force to your entire body.

Reasons for doing this course

Learn it, live it, teach it

Most people have developed faulty breathing habits. Our 12-year established training teaches you to master your own breath first so you can teach from authentic experience.

Whether you are a beginner, an experienced practitioner, or a healthcare professional, this training will transform how you practice Asana and teach breathwork. Our curriculum is backed by science and the 10-year PhD research of Dr. Paul Dallaghan.

- **Delivery in any 1-hour class:** Learn how to give students the foundational gift of better breathing to improve their mental health and daily lives.
- **The Standalone Practice:** True Pranayama requires specific preparations (*kriyas*) and takes time.

*For video guides on stress management and the Quadratio Technique, visit the **Evolve Yoga Training YouTube channel**.*

What's the next step?

If you would like to join the course please don't hesitate to get in touch info@evolveyogatraining.com or you can **Book Now** via the website via the link below:

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