

# pranayama 50 hr certification with dominique salerno

when you own  
your breath  
nothing can steal  
your peace.



## MARCH 2024

50 Hour Pranayama Certification with Dominique Salerno  
FEB - MARCH 2024

Join Australian Yoga Academy founder and Senior Teacher for this exciting, practical, and in-depth training in the theory and practice of Patanjali's 4<sup>th</sup> Limb of Yoga, Pranayama.

**“The mind controls the body, but the breath controls the mind”.**  
**Svatmarama, Hatha Pradipika**

What the ancients knew through practice and observation, modern medicine and science can now corroborate. We can use our breathing to help us to adapt and thrive according to circumstance and requirement. If we can control our breath, we can control our mind and if we can control our mind, we can control our destiny.

Your breath is your most powerful ally and can be wielded as a trusted tool to help yourself and others to maintain inner equilibrium and mental and physical wellbeing during these uncertain and trying times.

This 50-hour Pranayama Teacher Training is a practical deep dive into the ancient art and practice of breathwork, (Pranayama), whilst drawing on the very latest research and modern practices that have been proven to assist in achieving steadiness and ease of mind and body and to help people achieve the highest levels of health and wellbeing.

Includes daily personal practice and more than 10 hours of teaching practice and feedback ensuring that you both metabolise the practices and techniques and allowing you the opportunity to practice your teaching, receive constructive feedback in real time, and are confident to be able to share the techniques with others.

Each unit of study is designed around a core mental and physical objective. You will explore the theory, science and practices pertaining to each unit through the complimentary lenses of Pranayama and Ayurveda.

- UNIT 1: ANATOMY OF PRANAYAMA**
- UNIT 2: STIRUM: CULTIVATING STEADINESS**
- UNIT 3: SUKHAM: CULTIVATING EASE**
- UNIT 4: SAMA: CULTIVATING BALANCE**
- UNIT 5: PRACTICE & TEACHING METHODOLOGY**

Additionally, this course provides the practitioner with an introduction to Ayurvedic concepts as they relate to those units of study and relevant areas of inquiry.

*Yoga Teachers: deepen your knowledge and expand on your skillset. 50 hrs C.P.D. available for this training.  
This training is open to all. Not just yoga teachers.  
Allied Health Professionals: Learn easy to communicate, powerful tools to compliment your existing skills and modalities and improve outcomes for your clients.*

**ANYONE WHO BREATHES WILL BENEFIT FROM THIS LIFE CHANGING JOURNEY INTO THE POWER AND POTENTIAL OF CONSCIOUS BREATHING.**

All five units are required to be completed to gain the 50-hour Advanced Pranayama Yoga Teacher qualification under the Yoga Alliance banner.

Completing the course contributes to CPD points for both Yoga Alliance and Yoga Australia and may be also used to upgrade yoga teacher qualifications.

**THE FEB-MARCH 2024 TRAINING WILL BE CONDUCTED IN PERSON AT A BEAUTIFUL PURPOSE BUILT, PRIVATE VENUE IN CAULFIELD , VIC & REMOTELY VIA ZOOM LIVESTREAM.**

Dominique is a veteran of 25 years practice and is a passionate and inspired student, teacher, and facilitator. She has spent the last 2 decades practicing, studying, and teaching in the complimentary fields of Yoga, Pranayama and Ayurveda. This training brings together these areas in a way that makes them accessible and available for you to begin weaving them into your everyday life and practice as well as your yoga classes and workshops.

**All questions relating to the 50 hr Pranayama certificate training may be directed to Dominique at [info@dominiquesalernoyoga.com](mailto:info@dominiquesalernoyoga.com) or by calling 0402 298 199.**

## **COURSE DATES FEB - MARCH 2024.**

### **MEET & GREET:**

- Online zoom meet and greet on **SUNDAY 18<sup>th</sup> Feb 2:00pm – 4:00pm**

### **IN PERSON LECTURE AND WORKSHOP DATES:**

- 5 x Saturdays 9:30am – 4:30pm: **24<sup>th</sup> Feb, 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup>, & 23<sup>rd</sup> MARCH 2024**

### **LIVESTREAM PRACTICAL LABS:**

- AM Prac Labs Tuesday mornings 6:15am – 7:00am **5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup> & 26<sup>th</sup> MARCH.**
- PM Prac Labs Thursday evenings 7:00pm – 9:15pm **7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup>, & 28<sup>th</sup> MARCH.**

# 50 HOUR PRANAYAMA TRAINING COURSE OUTLINE

The five units of study are:

## UNIT 1. ANATOMY OF PRANAYAMA

### **THEORY 1:**

- ANATOMY OF RESPIRATION
- Mechanics of Breathing
- Chemistry of Breathing
- Assessing Functional & Dysfunctional Breathing
- ANATOMY OF PRANA
- Prana, Tejas & Ojas
- Nadis, Koshas, Vayus, & their Functions
- The Concept of Kundalini
- Obstacles to Prana

### **AYURVEDA 1: PRANA / BREATH / SPIRIT**

- CULTIVATING RELATIONSHIP TO PRANA
- Prana & its Relationships & Functions
- The Subtle Elements
- The Gross Elements
- Prana & Breath
- Prana & Consciousness
- Gunas & their Functions
- Doshas & their Functions

### **TECHNIQUE 1: FOUNDATIONS PRACTICE & TEACHING:**

- Functional & Dysfunctional Breathing
- Assessing Breathing
- Ventral Vagal Reset Techniques
- Jivha Mudra
- Jivha Bandha
- Tools for Accessing Diaphragmatic Breathing
- Ujjayi Technique
- Sama Vritti 1 & 2
- Makrasana

## UNIT 2. STHIRUM: CULTIVATING STEADINESS

### **THEORY 2:**

- UNDERSTANDING PRANIC FLOW AND HOW TO REGULATE THE PRANIC CURRENTS.
- The Three Nadis
- The Koshas
- The Vayus
- The Three Bandhas
- UNDERSTANDING THE SCIENCE BEHIND THE TECHNIQUES 1:
  - Evolution of the Nervous System & Perspectives on Yoga Practice
  - The Divided Brain: Cerebral Hemispheric Dominance & Yoga Practice
  - The Brain & Pranayama
  - The Spine & Pranayama

### **AYURVEDA 2: TEJAS / MIND / CONSCIOUSNESS**

- CULTIVATING RELATIONSHIP TO TEJAS
  - Tejas & its Relationships & Functions
  - Drishti & Prana
- DINACHARYA: LIT. "*CULTIVATION OF THE DAY*".

Daily practices and observances to restore mental and physical equilibrium and circadian rhythms to establish steadiness and equilibrate body and mind.

### **TECHNIQUE 2: PRACTICE & TEACHING 2:**

- Embodiment & Somatic Practices
- Uddiyana Bandha Kriya
- Ujjayi Pranayama
- Nadi Sodhana 1
- The Vedic Spiral
- Brahma Mudra
- Nasagrai Drishti

**THEORY 3:**

- INTRODUCTION TO KUMBHAKA, (BREATH RETENTION).
- UNDERSTANDING THE SCIENCE BEHIND THE TECHNIQUES 2:
- Physiology of Ease: The Relationship between Polyvagal Theory & Pranayama
- Relationship Between Fascia & Pranayama
- Dristhi, Prana & Consciousness

**PRACTICE & TEACHING:**

- RITUCHARYA: *LIT "CULTIVATION OF THE SEASON"*
- Seasonal Practices & Observations
- PRESCRIPTIVE PRANAYAMA: WHAT TO DO & WHEN

**TECHNIQUE 3: PRACTICE & TEACHING 3**

- Jalandhara Bandha
- Nadi Sodhana 2
- Bhastrika Kriya
- Bahya Kumbhaka
- Brahmari

**THEORY 4:**

- WORKING WITH 'HA' & 'THA' (YANG & YIN).
- EXPLORING INTERNAL BREATH RETENTION (ANTARA KUMBHAKA), AND THE ART OF 'CONTAINED EXPANSION'.
- RITUCHARYA & DINACHARYA THE DOSHAS & THEIR CYCLES.

**AYURVEDA 4: OJAS / BODY / FORM & FLOW**

- CULTIVATING RELATIONSHIP TO OJAS.
- Ojas and its Relationships & Functions
- RASAYANA: *LIT. "THE PATH OF FLOW"*.

Practices and perspectives on increasing Agni, regulating digestion, and nourishing prana.

- JATHARA AGNI: DIGESTION & THE FIRE IN THE BELLY

Practices and perspectives on digestion and nutrition for increasing Rasa and replenishing our Ojas, 'essence'. These are the rejuvenate Ayurvedic traditions and practices for developing steadiness of physical tissues.

**TECHNIQUE 4: PRACTICE & TEACHING 4**

- Breathing Ratios & Retentions
- Nadi Sodhana 3
- Antara Kumbhaka
- Sitali & Sitkari
- N.S.D.R. (Savasana & Yoga Nidra)

**UNIT 5. TEACHING PRACTICE & METHODOLOGY**

- **PRANAYAMA PRACTICE & TEACHING THEORY**

- The practical exploration of the techniques and methods covered during the course.
- (Morning & Afternoon component of each in person day & Tuesday & Thursday PRAC LABS)
- Practical teaching experience and feedback via livestream & in person.
- Cultivating a personal relationship to Prana – (Designing & Implementing Personal Sadhana)
- Designing & sequencing effective Pranayama classes.
- Prescriptive Pranayama, (What to practice & when).

# COURSE STRUCTURE

## **Saturday Lectures & Workshops 9:30am-4:30pm**

- Each in person day will start & end with a guided practice & practice lab / exploration of techniques.
- Each day will include 2x lectures / workshops which will cover the material specific to that module.  
(See *module outline above*).

## **Personal Daily Practice, Sadhana**

- You will be given a practice prescription, (Sadhana), to be performed each day for the duration of the training for 40 – 60 minutes per day. (45 min AM & 45 min PM).
- You will have the opportunity to practice and refine your technique during both livestream sessions & in person.

## **Tuesday AM & Thursday PM Practical Labs**

### ***Conducted via ZOOM LIVESTREAM***

Tuesdays during October 6:15am – 7am

Thursdays during October 7pm – 9:15pm

- The Tuesday & Thursday practical labs include group teaching practice and feedback.
- They also serve as essential opportunities for the exploration and development of your own PRANAYAMA practice.
- You will need to complete a total of 10 hours of Practical Labs to gain the full 50-hour qualification.
- *Should you be unable to participate in any of the scheduled practical labs, these hours may be made up via Zoom with Dominique however, this may incur an extra cost. Please contact Dominique should you need to arrange any contact hours or mentoring outside of the course.*

# COURSE REQUIREMENTS

## ***“THE POWER OF PRANAYAMA IS IN THE PRACTICE”***

- You are required to commit to a daily practice for the duration of the training.
- Participation in 5 SATURDAY LECTURE / WORKSHOPS.
- Participation in no less than 10 hours of practical labs.
- Required Reading: “Breath” by James Nestor.
- Comprehensive training manual, all other required supplementary reading material and links to online resources will be supplied upon registration.
- The full 50 Hour accreditation requires successful completion of all 5 Units of Study.

## ACCREDITATION

**YOGA TEACHERS:** 200, 350hr & beyond. 50 hrs Continued Professional Development points (CPD) are available for this training through both Yoga Alliance and Yoga Australia.

**ALLIED HEALTH PROFESSIONALS:** This training is a perfect complement to existing traditional and alternative modalities within the health and wellness industry. Learn easy to communicate tools to compliment your existing offerings. Improve outcomes for your clients.

**NON YOGA TEACHERS:** You do not have to be a yoga teacher to fulfill the requirements for accreditation. This training runs as an independent 50 hr Pranayama Certification open to anyone wanting to learn how to use the power of conscious breathing to empower themselves and others.

## ONGOING EDUCATION & MENTORSHIP

This program is supported by ongoing training and development in  
Pranayama practice and teaching.

### **FURTHER STREAMS OF STUDY & MENTORSHIP:**

Pranayama 25hr Advanced Accreditation  
Residential Training & Mentoring  
In Person & Livestream Training & Mentoring

**Information on mentorship and further training  
available on request.**



# INVESTMENT

**SPECIAL EARLY BIRD PACKAGE: \$977**

**INCLUDES ACCESS TO LIVESTREAM PRANAYAMA AM & PM  
GROUPS THROUGHOUT SEPTEMBER**

**\*\*EARLY BIRD offer expires 31st AUGUST 2023\*\***

**OR**

**FULL 50 HOUR PROGRAM PACKAGE PRICE:**

**\$1250**

***\*\*PAYMENT PLANS AVAILABLE ON REQUEST\*\****

## SECURING YOUR PLACE IN THE PROGRAM

**PLACES ARE LIMITED.**

**TO REGISTER YOUR PLACE:**

Please deposit direct to the following account:

***BSB 733-059***

***ACC # 777 664***

***ACC NAME: Mrs Dominique Natalie Salerno***

***PLEASE INCLUDE THE REFERENCE "PYT MARCH",  
& YOUR NAME IN YOUR DEPOSIT FOR MY REFERENCE.***

Please notify me when you have completed this and I will send you a receipt and confirmation of your booking.

You will receive the welcome & induction pack, all supplementary materials and Zoom links prior to the commencement of the training.

***Contact: If you have any further questions regarding the training, or you wish to register or connect please contact the facilitator Dominique Salerno via email [info@dominiquesalernoyoga.com](mailto:info@dominiquesalernoyoga.com) or 0402 298 199***

***PLEASE NOTE:***

***Once tickets are purchased there will be no refunds given.  
Transfers may made within 12 months of registration.***