



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 conscious 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.

You will explore the practice, theory, and science of conscious breathing and its impact on the body and mind through the complimentary lenses of Pranayama and Ayurveda.

Additionally, this course provides the practitioner with an introduction to Yoga's sister science; Ayurveda as it relates to the practice of Pranayama as well as the Pillars of Health and how Ayurvedic principals can assist you to align with Prana to create more steadiness and ease in your everyday life.

***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.***

*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  
LIFECHANGING JOURNEY INTO THE POWER  
AND POTENTIAL OF YOUR CONSCIOUS BREATH.**

**THE MAY - JUNE 2024 TRAINING WILL BE CONDUCTED IN  
PERSON AT THE RECENTLY RENOVATED,  
BEAUTIFUL & AIRY CLUB ROOMS AT P.I.B.C.  
76, Veterans Drive, Newhaven, Phillip Island.**

**COURSE DATES MAY - JUNE 2024.**

**IN PERSON LECTURE AND WORKSHOP DATES:**

- 6 x Sundays 9:30am – 4:30pm: **19<sup>th</sup> & 26<sup>th</sup> May 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup> & 23<sup>rd</sup> June 2024.**

**LIVESTREAM PRACTICAL LABS:**

- AM Prac Labs Tuesday mornings 6:15am – 7:00am
- **4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup> & 25<sup>th</sup> JUNE.**
- PM Prac Labs Thursday evenings 8:00pm – 9:15pm
- **6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup>, & 27<sup>th</sup> JUNE.**

**\*\*NB THE LIVESTREAM SESSIONS ARE RECORDED AND YOU ARE ABLE TO USE  
THESE RECORDINGS DURING THE WEEK AT YOUR CONVENIENCE\*\***

# COURSE STRUCTURE

## **Sunday 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 guided through a different morning and evening practice each week via livestream. (These are also provided to you as recordings to use at your convenience).

You will have the opportunity to practice and refine your technique during both livestream sessions & in person on Sundays.

## **Tuesday AM & Thursday PM Practical Labs (Conducted via ZOOM LIVESTREAM)**

Tuesdays during June 6:15am – 7am

Thursdays during June 7pm – 9:15pm

The livestream practice labs serve as essential opportunities for the exploration and development of your own PRANAYAMA practice.

ADDITIONALLY: The Thursday Evening Prac Labs are divided into 2 sections:

1. TEACHING PRACTICE & PRESENTATIONS 7pm – 8:20pm
2. LED EVENING PRACTICE with Dominique 8:30pm – 9:15pm

***ALL LIVESTREAM PRAC LABS ARE RECORDED AND PROVIDED TO YOU TO USE DURING THE WEEK AT YOUR CONVENIENCE OR IF YOU NEED TO CATCH UP ON A MISSED SESSION.***

# COURSE REQUIREMENTS

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

- You are required to commit to a modest daily practice for the duration of the training. 45 minutes every morning and evening.
- These practices will be guided by Dominique in the AM & PM Livestream Prac Labs.
- These sessions are conducted via livestream and recorded with recordings provided to course participants to use during the week as your morning and evening practices.
- Participation in 6 SUNDAY LECTURE / WORKSHOPS.
- Participation in no less than 6 hours of live stream practical labs.
- Required Reading: “Breath” by James Nestor.
- If you have not connected yet with Dominique in her public Pranayama livestream classes, it is highly recommended that you consider attending a few of these to get a feel for her style and begin to experiment with the practice. This is great preparation for the training.
- 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 Units of Study and a minimum 85% attendance in the in person sessions.
- 1:1 catch up sessions are available either in person or via zoom should you require to catch up on a missed in person day or simply want more mentoring.

# UNITS OF STUDY

## PRANAYAMA HISTORY & PRACTICE

### ANATOMY OF BREATHING

Mechanical Respiration.  
Chemical Respiration.  
Functional Vs Dysfunctional Breathing.

### ANATOMY OF PRANA

What is Prana?  
How is it Nourished?  
How does it Circulate?  
Obstacles to Prana.  
Prana: Forms & Functions.  
Quantum Biology & Prana.

### THE MIND AND PRANAYAMA

Breath & Consciousness.  
Dristhi: The Eyes & Brain.  
The Nervous System.  
Polyvagal Theory & Pranayama.

### THE BODY AND PRANAYAMA

Fascia & Prana.  
Ventral Vagal Resets.  
Somatics.

### PRACTICE METHODOLOGY

Pranayama Practice & Theory.  
Creating & Sustaining Sadhana, (personal practice).

### TECHNIQUES OF PRANAYAMA

Contemporary & Traditional Practices.  
Breathing Cadence & Patterns.  
Preparatory Techniques.  
Pranayama Practices for Steadiness & Ease.  
Savasana & N.S.D.R.

### TEACHING METHODOLOGY

Teaching Practical Labs & Presentations.  
Teaching Practice & Theory.  
Designing & Sequencing Classes & Practices.  
Prescriptive Pranayama: What to do & When.

### AYURVEDIC CONCEPTS

The Pillars of Health.  
Guna & Dosha.  
Dinacharya.  
Ritucharya.

# 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 100hr Advanced Accreditation

Residential Training & Mentoring, (Pranayama Retreat)

In Person & Livestream Training & Mentoring

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

# INVESTMENT

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

**\*\*EARLY BIRD offer expires 21st APRIL 2024\*\***

**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**                    **633-000**  
**ACC**                    **211 968 045**  
**ACC NAME:**        **Ananda Phillip Island**

***PLEASE INCLUDE THE REFERENCE "PYT  
MAY JUNE", & YOUR FULL 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 across other offerings may made within 12 months of registration.***