



Deepen Your Yoga Practise Pranayama, Asana, Philosophy with Paul Dallaghan (Certified) At Sangha - 56A Kandahar Street

www.sangha.com.sg

Paul Dallaghan



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.

Friday 11th of February, 2011

6 to 9:30pm - 1. Asana and Pranayama

Saturday 12th of February, 2011

9 to 1pm - 2. Pranayama and Asana in detail

3 to 5 pm - 3. Discussion Q & A and Pranayama

Sunday 13th of February, 2011

7:30 to 9am - 4. Pranayama

9 to 10:30am - 5. Asana

10:30 to 11am - 6. Discussion

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.

Paul grew up in Dublin, Ireland and completed formal university studies at Trinity College. He lived in New York for seven years where his life in yoga practice and teaching began. From 2001 to 2007 he focused six months a year on advanced yoga studies in India and various pilgrimage spots in Tibet, Thailand and India. With his wife, Jutima, they opened Yoga Thailand and continue to enjoy living there, especially since the arrival of two lovely sons, Sean and Dylan. He knows firsthand about raising a family, earning a living and keeping a sincere connection with practice and internal development. This practical experience and love of the subject matter he shares with joy, intelligence and humour.

Please visit www.yoga-thailand.com and www.centeredyoga.com for more details.

1. 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.

2. 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.

3. 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.

4. A full Pranayama practice covering preparations and the techniques.

5. Asana - a full and alive practice applying techniques learned (1.5 hrs).

6. Clarity on what to continue at home for you as a personal pranayama practice.

More on the philosophy and your questions.

Prices

***Whole Weekend S\$ 675**

Single day

Friday or Sunday S\$ 175 (3 hours)

Saturday S\$350 (6 hours)

To register for this event

Email: info@sangha.com.sg

Tel: 62967202

***Early Bird Special: 10% off of full program price (Valid till Dec 15th, 2010)**

