

# ***BREATH and PRĀNĀYĀMA***

***in***

## ***YOGA THERAPY***

*Yoga Therapy depends **solely** on the Breath and Prāṇāyāma for its therapeutic efficacy.*

*Correct breathing techniques and the practice of Prāṇāyāma produces the following effects:*

- Allow the air to percolate uniformly throughout our constitution*
- Minimise the expenditure of Prāṇā (because of the relaxation of the mental activities)*
- Relaxation of the entire physical constitution*

*The combination of these effects enables the constitution to Replenish more Prāṇa in our constitution. Moreover, the Replenished Prāṇā is also distributed to every part of our constitution.*

*Prāṇa is the recuperative potency of our constitution. When this Prāṇa is replenished adequately and is distributed in the balanced way, the positive health of the constitution is maintained.*

*According to the Principles of Yoga Therapy, disease is the manifestation of the defect in the distribution of Prāṇā at the pathological region.*

*The basic principle of Yoga Therapy states that to restore the healing, therapists should focus on restoring of the Prāṇā flow adequately through the pathological region.*

*Therefore, Yoga Practitioners, Yoga Teachers and Yoga Therapists,*

*This webinar enables the participants to learn*

- The principles of application of Breath and Prāṇāyāma in Therapy*
- The accessory Tools that can be combined with Breath and Prāṇāyāma*
- How these Tools enhance the therapeutic effects, manifold*
- The practical details regarding the achievement of specific effects at focused regions of the constitution*

***Date - 27 and 28 of November 2021***

***Days - Saturday and Sunday***

***Time - 16.30 to 20.00***

***Course fee - 60 euros or equivalent***

*Please note :*

**Classes would be conducted in English**

**Class--notes would be provided to all participants within three days after the webinar. So participants are requested to focus on the classes rather than on taking elaborate notes.**

**The classes are NOT interactive sessions. Therefore, the participants are requested to send all their Quires through email. All questions will be collected, answered and sent to all participants along with the class notes.**

**Please spread this message to your friends and colleagues.**

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