

SHYLLABUS OF YOGA AND PRANAYAMA RETREAT

- ❖ Yogic purification
- ❖ Pranayama
- ❖ Bandha
- ❖ Mudra
- ❖ Meditation
- ❖ Yoga nidra
- ❖ Relaxation
- ❖ Mantra
- ❖ Philosophy on pranayama
- ❖ Hatha yoga (preparation of pranayama)
- ❖ Ashtanga Vinyasa



The Philosophy Of SIDDHANT School Of Yoga

CLARITY

FOCUS

GRATITUDE

SELF COMMITMENT

NON COMPLAIN

WILL POWER

UNDERSTANDING

RIGHT PRACTICES

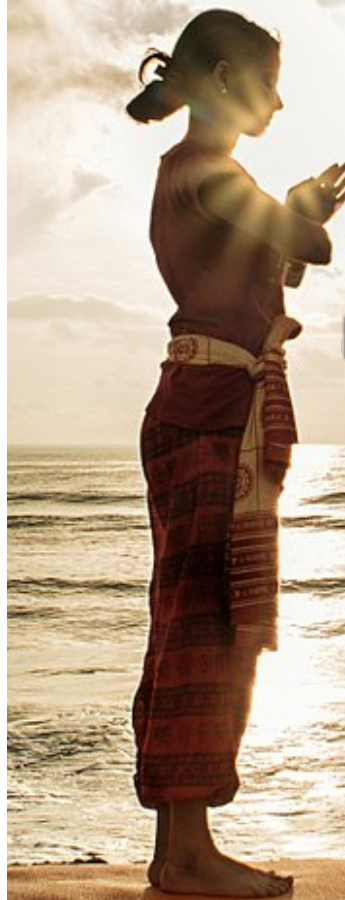
SIDDHANT SCHOOL OF YOGA



Rejuvenate yourself in **yogic way** and get the real feeling of **being you** in **Siddhant's**

YOGA & PRANAYAMA RETREATS

A true gift of sadhakas...



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EXPERIENCING
REALITY
AS IT IS



Yoga & Pranayama Retreats

Pranayama is the spine of all Yogic aspects. Your personal, professional and existential problem can be solved by Pranayama. :Siddhant

IMPORTANCE AND BENEFIT OF YOGA AND PRANAYAMA RETREAT

Yoga and Pranayama retreat is very useful and important because it gives you the right understanding and proper practice to balance your whole personality. You know your body can be controlled by your mind and let you know your mind is directly controlled by your prana or Pranayama. So by Pranayama practice, you can have a healthy body and a calm mind to get the right understanding. For your kind information whenever you are practicing different aspects of yoga, it may be yoga asana, meditation, yoga philosophy, yoga-nidra, mantra and other subjects actually at that time you are practicing pranayama indirectly. So whatsoever you are doing they are indirectly connected to Prana, your vital energy. But the practice of Pranayama is directly connected to Prana, your vital energy. This retreat gives a lot of benefits such as:

- ❖ Get the proper knowledge of right breathing style.
- ❖ Know the right technique and practice of Pranayama to get a healthy body and mind.

- ❖ Learn the Importance of Pranayama.
- ❖ Know the link in between Pranayama and practical lifestyle.
- ❖ Get the right knowledge about Pranayama and meditation.
- ❖ Know the sequence of Pranayama for your practical life.
- ❖ Find the link between asanas and Pranayama.
- ❖ Understand all about the mind and Pranayama.
- ❖ Understand Pranayama the complete solution of your human problem

ABOUT YOGA AND PRANAYAMA RETREAT

Siddhant School of Yoga presents Yoga and Pranayama Retreat as the complete solution of all your problems if done properly. Pranayama is the spine of all yogic subjects. During this Pranayama Retreat, you will go through the proper technique of Pranayama including different forms of 'Breathing Exercises', few types of 'Locks' and several other 'Yogic Gestures' for different purposes of your life. For your kind information, only breathing exercises are not Pranayama. We are very glad to share with you the proper definition of Pranayama as below:

BREATHING + YOGIC GESTURE + YOGIC LOCK = PRANAYAMA.

For your proper practice of Pranayama, we are using yoga and its different aspects as preparation for Pranayama during this yoga and Pranayama retreat.

HIGHLIGHTS OF YOGA AND PRANAYAMA RETREAT

- ❖ Know the right way of breathing
- ❖ Practice pranayama only focusing on your healthy body
- ❖ Get knowledge and practice of pranayama for a calmand focused mind
- ❖ Special pranayama practice only for the right understanding
- ❖ Pranayama for spiritual growth
- ❖ Understand the importance and practical aspects of pranayama
- ❖ Experience meditation by pranayama.
- ❖ Be more energetic throughout the day by pranayama
- ❖ Get support after this retreat