

Nosara Yoga Institute & Evolve Yoga + Wellness

100-hr Pranassage Syllabus

Techniques 50 Hours

- How Pranassage® works
- Exploring the dynamics of 35 asanas that induce yoga nidra
- Efficient body mechanics that facilitate pranic release
- Conditioning movements that increased kinesthetic intelligence
- 12 Pranassage® Flow Sequences
- Following the rhythm of natural pranayama
- “Who am I?” meditation
- Harnessing relaxed awareness for releasing blocks and tension

Methodology 12 Hours

- How to create a context for Pranassage®
- Creating clear boundaries with student/clients
- Sequencing asana assists for generating different energetic effects
- Designing sessions that integrate a flow of asana, breath, directed pressure and Hara strength
- Discovering personal style as a Pranassage® Practitioner
- Assessing and creating support for individual needs
- Communications: Co-listening; Reflective listening; Conscious language
- Art of giving & receiving feedback

Anatomy, Physiology & Kinesiology 12 Hours

- Effects, Benefits & Contraindications for all Pranassage® flow sequences
- Physiology of pranayama and use of breath in Pranassage®
- Physiology of stress reflex & relaxation response
- Muscle physiology and suspending the stretch reflex in a Pranassage® session
- Body-mind prana relationship in Pranassage® sessions

- Cleansing effect of Pranassage® sessions

Philosophy, Psychology & Lifestyle 12 Hours

- Where Pranassage® fits in yogic tradition of releasing the wisdom of prana
- Relationship of Pranassage® to witness consciousness
- Pranassage® as an inquiry into pranic energy field
- Sacred space permits experiential learning environment
- Dynamics of a one-on-one transformational relationship
- As Is Principle; As If Principle from Self-Awakening Yoga
- Power of intentionality as an integrating modality

Practicum 15 Hours

- 20 Practice Pranassage® sessions with trainees in your group
- 2 Practice Pranassage® sessions with volunteer clients from the local community
- Practice leading relaxations and conditioning movements for client take-home use
- Designing a student/client intake interview
- Self-evaluations

Professional Practices 5 Hours

- Marketing Pranassage® classes and individual sessions
- Networking with related professionals and organizations and building local community
- Selecting future training
- Yoga Alliance Registry
- Insurance and Liabilities
- Website listing on Nosara Yoga Institute registry
- Continuing education
- Membership in Teacher Organizations