

PRANAYAMA TEACHER TRAINING

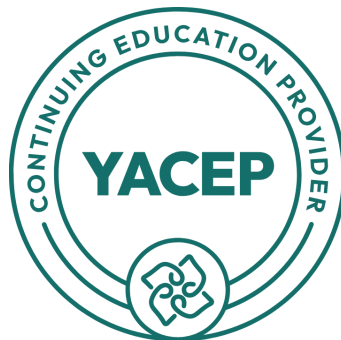
LEVEL 1

A Yoga Alliance Approved Course

18-Hour Immersion

The Science & Art of Breath

Theory ~ Practice ~ Training



“One who has learned to control prana has learned to control all the energies of this universe—physical and mental. He has also learned to control his body and mind.”

— **Swami Rama, *Science of Breath: A Practical Guide***

OVERVIEW:

This Pranayama Teacher Training is a comprehensive and immersive program designed to deepen both personal practice and professional understanding of pranayama. Rooted in the classical teachings of yoga and informed by modern knowledge of the nervous system, the course offers a balanced approach that is both traditional and accessible.

Throughout the training, we will explore the foundations of pranayama in a progressive and structured way. Students will develop a clear understanding of breath mechanics, the relationship between breath and mind, and the role of pranayama in supporting physical, mental, and emotional balance.

The course emphasizes direct experience, consistency of practice, and the cultivation of awareness. Each technique is taught with attention to detail, safety, and purpose, allowing students to build confidence in both their personal practice and their ability to guide others.

This training is suitable for dedicated practitioners, yoga teachers, and anyone wishing to deepen their relationship with pranayama. By the end of the course, students will have a solid foundation in traditional techniques, an understanding of their effects, and the skills to integrate pranayama into a meaningful and sustainable practice or teaching path.

TEACHER BIO: TIANA HARILELA

I am a dedicated pranayama teacher with over 27 years of personal practice and 22 years of teaching experience. My work is rooted in a deep respect for the traditional science of pranayama and its profound ability to balance the body, regulate the nervous system, and cultivate inner awareness.

I had the privilege of studying with Sri O. P. Tiwari, the head of the Kaivalyadhama Yoga Institute, one of the most respected institutions dedicated to the study and research of classical yoga and pranayama. Under his guidance, I developed a deeper understanding of the subtle mechanics of the breath, the discipline of practice, and the integration of traditional yogic teachings into modern life.

Sri O. P. Tiwari is widely regarded as one of the foremost authorities on pranayama, known for preserving and transmitting authentic yogic

knowledge with precision and depth. His teachings emphasize consistency, awareness, and the inner experience of pranayama beyond technique alone.

Through my teaching, I offer a grounded and authentic approach to pranayama, bridging traditional wisdom with contemporary understanding. I guide students to develop a steady, embodied practice that supports clarity, resilience, and a deeper connection to self.

"Our goal with the pranayama is to channelize the functions of our mind, to control the prana that flows throughout our internal body. All of India's nine philosophies want to make us happy, and they all agree upon the capacity that Pranayama practices have in reaching this state."

Sri. O.P.Tiwari

METHODOLOGY:

The course will take place over the following dates and times in 2026:

Thursday, 7th May	09:30-13:30
Friday, 8th May	09:30-13:30
Saturday 9th May	11:00-13:00
Thursday 14th May	09:30-13:30
Friday 15th May	09:30-13:30

WHAT YOU WILL LEARN:

- ~ About pranayama
- ~ The Breath & Nervous System including the basic anatomy of the breath
- ~ Foundations of Practice
- ~ Dirga Pranayama
- ~ Kapalabhati (Kriya)
- ~ Bhastrika
- ~ Nadi Shodhana
- ~ Bhramari
- ~ Ujjayi
- ~ Shitali / Sitkari
- ~ Teaching Methodology
- ~ Sequencing Principles
- ~ Safety & Contraindications
- ~ Integration & Teaching Practice

PRICE OF THE COURSE:

Early Bird Price € 287 if you pay before April 30th 2026
After April 30th 2026, € 334

This includes extracts of reading material prepared by the teacher, all props, classes to assist and the certificate.

PAYMENT STRUCTURE:

50% non -refundable deposit to secure your spot.
50% by the 10th of May 2026.