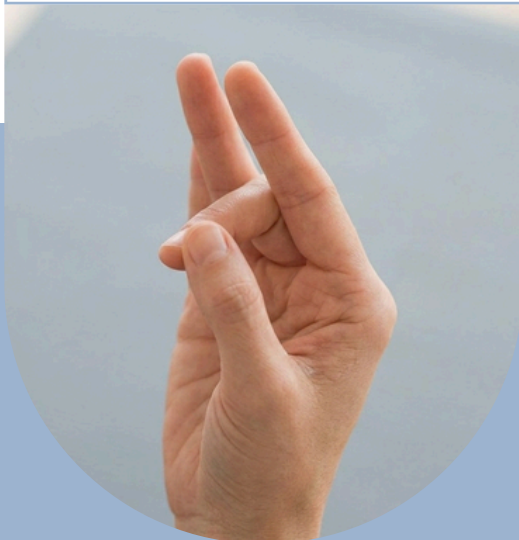


”

We can't control what goes on the outside.

But we can always control what goes on the inside. Yoga is not about being good at something. It is about being good at yourself.

”



PRANAYAMA TEACHER TRAINING COURSE

(25 HOURS)

Contact Us

+919082661825

www.namahstate.net

avanti@namahstate.net



Our Courses

200 Hour Yoga TTC
50 Hour Aerial Yoga TTC
25 Hour Pranayama TTC
25 Hour Meditation TTC

Why Join This TTC

- Internationally recognized certification
- Small batch learning
- Hands-on teaching experience
- Teaching manual and practice resources
- Suitable for practitioners and teachers
- Online and in-person options

What You Will Learn

- Foundations of Pranayama
- Anatomy of Breathing
- Breath & Energy Awareness
- Classical Pranayama Techniques
- Meditation Integration
- Teaching Methodology
- Practice Teaching
- Assessment & Certification

Techniques Covered

Classical Pranayama Techniques

- Nadi Shodhana / Anulom Vilom
- Ujjayi
- Bhramari
- Sheetali
- Sheetkari
- Surya Bhedana
- Chandra Bhedana
- Bhastrika
- Pranava Pranayama

Preparatory Practices & Kriyas

- Breath Awareness
- Dirgha Shwas
- Sectional Breathing
- Kapalbhati
- Agnisar Kriya
- Kumbhaka Practices
- Introduction to Bandhas and Mudras



Who Can Join?

- Yoga practitioners
- Yoga teachers
- Wellness professionals
- Meditation practitioners
- Anyone wishing to explore the transformative power of breath

About the Course

Pranayama is the yogic science of breath regulation that helps balance the body, calm the mind, and improve overall well-being. This training offers a strong foundation in traditional pranayama practices, breath awareness, teaching methodology, and practical application for personal practice and instruction.

Benefits of Pranayama

- Improves respiratory efficiency
- Reduces stress and anxiety
- Enhances concentration and mental clarity
- Balances the nervous system
- Supports emotional well-being
- Boosts energy levels

