

**Lucky Elephant Yoga**  
***Meditation and Pranayama Immersion Teacher Training***  
***with Bridget Rawls Peterson***

Mindfulness (Meditation) and breath awareness (Pranayama) are two ways of connecting deeper within ourselves and developing our yoga Practice further. Bringing these practices to others takes skill and gentle kindness.

The Meditation portion of this training will touch on the role of the student and teacher within a meditation practice, how to deepen into a personal meditation path and will help the practitioner to bring the methods to others. We will explore different styles of meditation and how to recognize ground, path, and fruition.

Pranayama controls the flow of breath, and enhances the flow of energy (Prana) in the body. A regular, balanced pranayama practice increases energy and invites greater mental clarity, heightened healing potential and deeper self-understanding. Pranayama, like other yogic practices, is about being more fully present, and is a particularly helpful in the preparation for meditation.

The Pranayama portion of this training will explore more advanced breathing practices, both energizing and balancing. It will teach restorative breathing practices to use the breath to open deeper into the body. It will help the practitioner to guide these practices safely and mindfully and to build pranayama practices within a regular yoga class.

At the end of this training, participants will be able to bring the practices of meditation and pranayama to individuals and groups and to incorporate these practices into a regular yoga class.

This training is designed for yoga teachers already certified with a basic understanding of meditation and pranayama.

Yoga teachers will receive 13 CEU credit hours to submit to Yoga Alliance.

**Dates and Times:**

***October 5-7, 2018***

Friday, October 5, 2018 6:00-8:30 pm

Saturday, October 6, 2018 9:30-5:30 pm

Sunday, October 7, 2018 1:00-5:00 pm

**Cost:**

Pre-Registration by October 1: \$300

Cost of training after October 1: \$350

**Bring:**

A Notebook and a camera (can be your phone)