

**HEARTSPACE YOGA**  
**A Privately offered 1-2-1 Short Course**  
**“GOING DEEPER”**  
**SUBTLE BODY - SACRED SOUND - SILENT SPACE**



**INFORMATION**

This short course is for interested yogis who are starting out on their yoga journey, to experience different and varied practices before embarking on a Foundation Course or further training. The practices offered will deepen the yogi's knowledge and experience of some of the traditional, fundamental and deeper practices of yoga and its related practices.

This new 24 hour course will run on 2 half days per month, from 10-1pm,  
over a maximum of 4 months.

Course Investment : £385, non refundable deposit of £85.

Payment Plan available, please enquire

A Heartspace Yoga Certificate of Attendance will be awarded on completion.

[www.mohinichatlani.com](http://www.mohinichatlani.com)

mohinichatlani@gmail.com + 44 (0) 790 339 7070

# GOING DEEPER—SYLLABUS \*

## Energy Movement -

Yoga Asana – vinyasa Yogaflows™ - dynamic practice

Based on Mohini Chatlani's Book "Yogaflows"™®

Yin Yoga – still practice

## Tai Chi and Qi Gong

Tai Chi Joint Exercises and Warm Ups

Standing Qi Gong

Moving Qi Gong : various sequences

## Pranayama

Nadi Shodhana (Alternative Nostril Breathing)

Bhastrika (Bellows Breath)

Kapalabhati (Shining Skull breath)

Dirgha – Full Yogic Breath

Daoist or Reverse (Circular) Breathing

## Mantra

Om

Bija

## Sacred Sound

Collective

Spontaneous

## Mudra

Hridaya (Heart)

Jyana (Knowledge)

Nasikgara (Nostril)

Shunya

## Bandha

Moola (root)

Uddiyana (abdominal)

Jalandhara (chin)

## Visualisation

Various

## Concentration

On the breath

Using Phrases



## Relaxation

Yoga Nidra (Psychic Sleep)

## Mindfulness Meditation

Witness Awareness

Self-Inquiry

Body Scan

Sensory

Breath Awareness

## Mauna—Silence

**Discussion** : observances, sensitivity, sensations, presence, stress and responses to its different levels

**The Nervous System** : understanding the SNS (Sympathetic nervous system) and PNS (Parasympathetic nervous system) and their effects on the organism

## Home Practice

**Journalling/Food diary**

\*syllabus may be subject to change

[www.mohinichatlani.com](http://www.mohinichatlani.com)

mohinichatlani@gmail.com

+ 44 (0) 790 339 7070

grateful for every breath