

Sama Fabian | Tanya Syed

# THE ALCHEMIST YOGI



Advanced Yoga Studies  
6 day Intensive Course

8-9 Oct

12-13 Nov

10-11 Dec

This course is designed to open up new perspectives to already established yoga teachers, movement and health practitioners concerned with deepening their understanding and practice of breath work. How to prepare for breathing practices, when to introduce them to your students | patients | clients.

Over the past two years I have deepened my practice and studies of pranayama with a focus on the abdominal and thoracic cavities. New material from my continued studies of **Light on Pranayama from Mr Iyengar**, **Pranayama the Dynamic of Breath from André Van Lysebeth** and senior teacher from France, **Martine le Chenic** have also informed my latest understanding. The time has now come to share these new perspectives.

Advanced pranayama practices, nidra journeys, meditation practices, focussed asana studies and sound work. The course will be delivered over 3 weekends at **The Green House SA65TA**. Online streaming in real time will also be available. **10am to 4pm daily** (for residential options please enquire)

**Cost £540/ £460 online.** (Payment plans available)

There are 8 places available in person. This is a professional course. On completion the **AurolabYoga Certificate of Attendance** will be delivered. This can be added to your current contact study hours.

**Call me on 01792 845909**

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