

Pranayama with Tactile Imaging

Syllabus

Instructor: Boyd Badten

Ascended Master Sponsors

Omraam
Djwal Kul

Purpose of Course

The purpose of this course is to teach some lesser-known techniques for increasing the flow and quantity of prana within and to master the faculties required to do this.

General Objectives

1. Learn some easy practices which will increase the level of prana within your system.
2. Learn some practices which will raise your visceral, tactile awareness of prana—learn to feel it and to move it around inside of you.
3. Practice techniques for attracting and absorbing different colors and qualities of prana and from different sources.
4. Learn to “breathe” through the hands and feet and through the chakras.
5. Learn to detect and clear energy blockages within you; learn to expedite healing of areas in your body which require healing.

Course Outline

- Students are introduced to the concept of tactile imaging and are given a series of progressively more empowering exercises designed to increase the flow and awareness of prana both within and outside the body.
- Students are encouraged to practice approximately 7 different exercises during each 1.5 hour class and to then practice some or all of these exercises daily between

classes and share their experiences with the group. We learn together!

- Q&A is encouraged throughout the course via the chat feature in the teaching environment.