truetantra

PRANA TECHNOLOGY

PROFESSIONAL TRAINING

TRUEYOGA & ANAND RUDRA

PRANA TECHNOLOGY PROFESSIONAL TRAINING
EXPANDED THERAPY BREATHWORK

INTRODUCTION

This a unique certification & training on the use & deliver of PRANA.

Before anything else, we would like to clarify that PRANA goes far beyond the idea of just breathing.

Prana concept at its origins contains four elements: life force energy, time, space & consciousness.

The idea of a Pranayam, the administration and handle of the energy is not only based on breathing. The science of pranayama will be developed and taught in all the whole levels in order that can be give you a unique knowledge. A PRANAYAM is a series of methods that will allow you to unerstand how the Prana moves in your bodies.

The target of this certification & training is to understand in a basic way how the PRANA works and how you can start to move and manipulate on the body and the subtle system of the bodies (physical, energy, emotional, astral - spirit & soul - and Psychic)

Every thing that exits in our world has a frequency that emits a vibration. Each object and person has a frequency when we are in consciousness about this we connect to different levels of Prana. This interrelation is called RESONANCE.
Potentiality of the energy contained in the oxygen we breath, in the water we drink or in the food we eat depends directly on the state of consciousness that we allow through our mind and intention. This energetic potentiality is found in our interrelation with objects or people or derived from our activity.

Prana that we breath moves in our human body through a subtle system composed of channels and medians (nadis), intersections between them (marmas), pulsing energy vortex, related to human endocrine system and to our psique (chakras).

INTRODUCTION

Prana is directly related to the frequency and energetic polarity of the body.

This training gives you a professional advantage:

- Give you the opportunity to deliver a life living experience that is transformational.
- Unfolds the richness of perceiving and feeling parameters in energy, emotions, orgasmic states, unblocking, liberating and healing.
- It will take you to assisting your clients to cope with trauma, anxiety and emotional health.
- Develops a white access to higher state of consciousness bringing a self-mystical journey.

-How to structure classes, workshops and group experiences with neuroscience evidence based benefits of breathing, but also exploring the Spiritual growth of it.

Prana technology is a method conceived and developed from the ancestral structures of Swara (swahara) Yoga, Tantra Kaula, Ancestral Tantra Yoga, Tantra Shastra, Tantra Niaza, Ancestral Kachemir Tantra, and modern concepts & practices around the potentiality of Breathwork & Energy.

You need to know that this training of Prana Technology will be involving practices on Yoga, Breathwork, Expanded States of Consciousness, Psychology (energy, emotions, intimacy) , Massage & Conscious Touch, Bussines Coaching

energy
time
space
consiousnes

PRANA

this unique training allows you to give a

life living experience
therapeutic approach
expanded state of consiousness
mindfulness induction to shift
connection to supraconsious
handling pranic energy
embodied pranic therapy
group experiences
group workshops
scientific & holistic practices & research
a tribal community to expand

LEVEL ONE
Practitioner Certificate
150 hrs

- The Science & the Esoteric of Prana & Breathwork... 40hrs
- Life Living Experience : Understanding the delivering 30hrs
- Bio Healing; supra sacred glands 30hrs
- Subtle System; unblocking, liberating, processing and healing ... 30hrs
- Pranic Sadhana, the daily practice from allopathic understanding to supra-conscious experience ... 20hrs

LEVEL TWO
TEACHERS CERTIFICATE
200 HRS
1) EMBODIED PRANA THERAPY
60 HRS
a) Use of Pranayama as part of the massage therapy and bodywork session
b) Pranic Touch technique within a Bodywork session
c) The idea of pranic embodiment as part of the sacred touch
d) Pranic energy orgasm as a meditative way and a state of supra-consciousness
e) Directed use of respiratory pranyamas
f) Prana as a use of healing and liberation in a tantric massage
g) Pranic massage
2) INSTRUCTOR LEVEL ... HOW TO FACILITATE
30 HRS
3) BE HOLDING THE SACRED SPACE
30 HRS
4) THE TEACHER & THE THERAPIST : ONLINE, ONE ON ONE, GROUP
30 HRS
5) FOLLOW UP, BUSINESS & CLOSURE
30 HRS
6) SUPERVISED PRACTICES
20HRS

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THE PRACTICE AND THE TEACHING IS DIVIDED ON THREE LEVELS TO THE RECEIVERS & GROUPS ACCORDING EXPERIENCE AND KNOWLEDGE:

a) Basic. Understanding the prana, body and controlling it; breathing process and pranayamic balance, being present and meditation (awareness) ; what is the experience & its process, the power of Agni Sara (Moola Bandha, Svadistana Bandha, Ashwini Mudra; Vajroli Mudra); sensations & perceptions on the bodies of the being; meditation on the energy movement within the physical and astral body; understanding and experimenting the sacred energy through out the whole process; basic use of different tantra methods (yoga, ritualism, meditation, breathwork, sacred sexuality) ; Timings of the Pranayams; communication tools. Whys sacred sexual energy ? Starting to understand the healing aspects of the Prana Technology

b) Intermediate. Understanding the process of a Prana Technology session and itś goal; basic breathwork pranyams & kriyas; start to feel the accumulation of energy and flush it up; give a basic knowledge of the energy system of the human body and itś interrelation with the psycoemotional, with the energetic memory and with blockages. subtile handling of the energy and pranayamas; use of 2nd. Level pranayamas : gnotti or Ujaji; use of sacred vocalization; use of the kriyas and deeper breathing retention (kumbacha); use of Kundalinic Kriyas; kundalinic mudras (ashwini, vajroli and the inter-relation with the sacred energy) ; detail use Vajrayana & Kali Bola. Active meditations on presence and energy. Polarity balance on an astral level.

c) Advance. Awareness on Asanas and the movement of energy. Use o the sacred sexual energy at alchemical level on the consious touc . Knowledge and use of the marma system on the process of Pranic Technology. How to use Cobra Breathing and the traspolation of the micro and the macro. How to use the micro universe as a platform of cosmic unity. Circulate the energy by copules, trios and collective. The rol of the Bijas Mantras on the sessions every 5 lessons. Use of the intention for every lesson as pragmatic meditation inside and outsider of the lesson. Use of empowerment micro-orbita and a tantric breathing. Understanding of the causal body. Start to deliver inductions (Niaza Meditations) & expanded states of consciousness.

EXAMPLE OF AN ONLINESESSION

Pranic Technology Sadhana (Pranayama, Meditation, Satyas Kriyas)
Reflecrions of the embied Experience
Break
Theory & Philosophy
Exercize regarding the technique
Break
How to teach session, applying the technique that you had laerned
Home work :
a) Readings
b) Pragamatic Personal Journal
c) Group Cocreation Document

DATES for the PRACTITIONER LEVEL part one :
December 16th Live Session 4 hrs / 3hrs self study & practice
January 6th Live Session 4 hrs / 3hrs self study & practice
January 20th Live Session 4 hrs / 3hrs self study & practice
February 24th Live Session 4 hrs / 3hrs self study & practice
March 17th Live Session 4 hrs / 3hrs self study & practice
Pre-Recorded Activation of Master Glands / 5 hrs self study & practice / Report
Pre-Recorded Subtle SYSTEM / 5hrs self study & practice / Report
May 26-28 Weekend Training Alicante
June 16th 1st REPORT of PRACTITIONER / 15hrs self study & practice

DATES FOR THE LEVEL TWO / 2023
TEACHERS CERTIFICATE

JANUARY 27-29 OPTIONAL LUMINA ENERGY , UNDERSTANDING PRANIC TECHNOLOGY FOR HEALLING PURPOSES . URBAN RETREAT, WARSAW POLAND. 40 HRS
JULY 27-30 MANDATORY EMBODIED PRANIC THERAPY 01 / ALICANTE 60 HRS
NOVEMBER 16-19 MANDATORY FACILITATING & BEHOLDING (HOW TO TEACH , WORKSHOPS) / ALICANTE 60 HRS

- THE SETTING OF A SACRED SPACE
- HOW TO DEVELOP A PRIMING ROUTINE
- HOW TO PREPARE FOR DAILY SESSIONS
- TOOLS TO HELP YOU CONNECT TO YOUR OWN TRUTHS TO BE A BETTER LEADER/COACH
- EXERCISES TO CREATE AN INSTANT CONNECTION WITH YOURSELF AND OTHERS
- GROUNDING TOOLS FOR YOURSELF AND CLIENTS
- SELF-CARE TOOLS FOR YOURSELF AND CLIENTS
- HOW TO CREATE A CLIENT, COUPLES, AND TEAMS PRE-SESSION QUESTIONNAIRE
- HOW TO FIND AND CHOOSE EVOCATIVE-MUSIC
- HOW TO LEAD A PRIVATE BREATHWORK SESSION
- HOW TO LEAD A COUPLES SESSION

DECEMBER 1 & 8 LIVE SESSION 8 HRS / 6HRS SELF STUDY & PRACTICE
DECEMBER 15-17 OPEN HOUSE WEEKEND MADRID
PRE-RECORDED BUSINESS AND PRICING

- Post-session follow up
- How to prepare for the unexpected
- FAQ's pre and post-session
- Ways to market yourself to attract the right first clients
- Create a 30 day marketing plan

MANDATORY:
In each of the followingaspects you will need to deliver a report. For the 2 main workshop ypu will neeed to planify topic, exercises, experience, process and closure
3 gatherings with Anand
6 private therapies ... report & supervision
1 mini-workshop of 3 hrs
2 workshops of one day

Dec 22 Closure & the Faculty of Prana TECH / Diploma

:::: TRAINING BENEFITS & BUSSINESS APROXIMATION

- The yoga market size was valued at $37,462.5 million in 2019, and is projected to reach $66,226.4 million by 2027, growing at a CAGR of 9.6% from 2021 to 2027

- Breathwork today equals yoga 20 years ago. Twenty years ago, yoga was hippie and fringe. Now there are international yoga chains, yoga apparel, and hundreds of thousands of people who have taken yoga teacher training as part of personal development. Breathwork is headed in the same direction; only it is moving exponentially faster. And for a good reason.

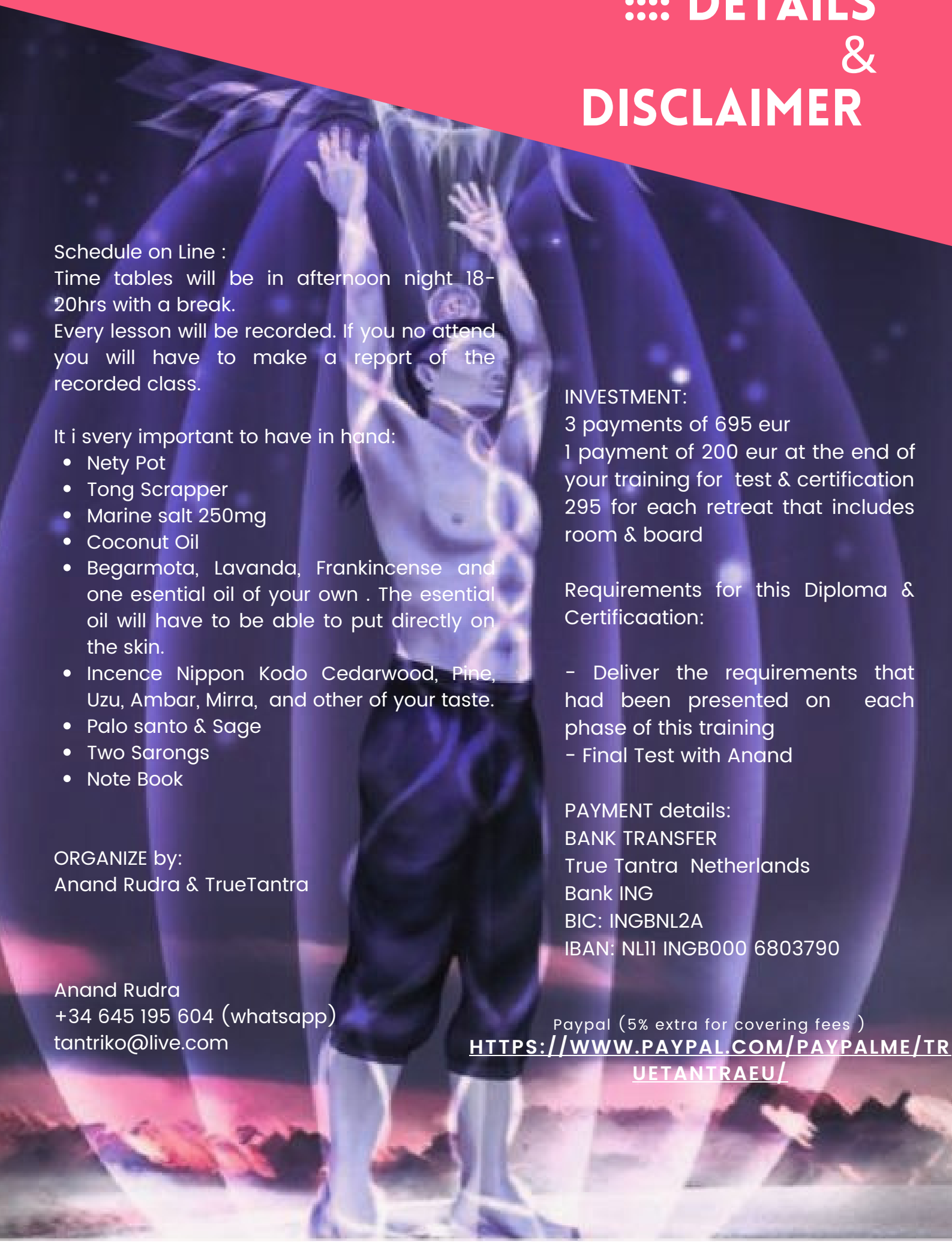
- With Corona the widespread lockdown has enforced humans to stay within their homes. These restrictions have decreased social interactions, which, in turn, has resulted in increase in mental stress among the population. Practicing yoga has helped practitioners to release mental stress. Furthermore, various studies have been carried out to find the effect of breathwork & prana holistics on health.

- By type, the market is segregated into online courses, offline course, and accreditation training programs. Cause the new life that we are living Breathwork & Prana as it is, it is to become more than a physical health aid, it had become a very resource therapy on embodiment & psychological parameters.

- Breathwork is the most direct, powerful, non-secular tool for state shifts. The physical, emotional, and mental impact can be felt immediately with endless compounding returns for consistent practice. There is no religious affiliation; it can be done anywhere, at any time, and by anyone. Breathwork therapy & workshops they have a very strong value, since there are not many professionals in this field. We are proposing to you an irruption to a brand new market !!

- PRANA TECHNOLOGY is a method developed by TrueTantra and Anand Rudra for the last 20 years in which there are around more than 250 teachers, which active are more than 25 that not only applied this to the practice but to their own therapies

:::: DETAILS & DISCLAIMER



Schedule on Line :
Time tables will be in afternoon night 18-20hrs with a break.
Every lesson will be recorded. If you no attend you will have to make a report of the recorded class.

It i svery important to have in hand:

- Nety Pot
- Tong Scrapper
- Marine salt 250mg
- Coconut Oil
- Begarmota, Lavanda, Frankincense and one esential oil of your own . The esential oil will have to be able to put directly on the skin.
- Incence Nippon Kodo Cedarwood, Pine, Uzu, Ambar, Mirra, and other of your taste.
- Palo santo & Sage
- Two Sarongs
- Note Book

ORGANIZE by:
Anand Rudra & TrueTantra

Anand Rudra
+34 645 195 604 (whatsapp)
tantriko@live.com

INVESTMENT:
3 payments of 695 eur
1 payment of 200 eur at the end of your training for test & certification
295 for each retreat that includes room & board

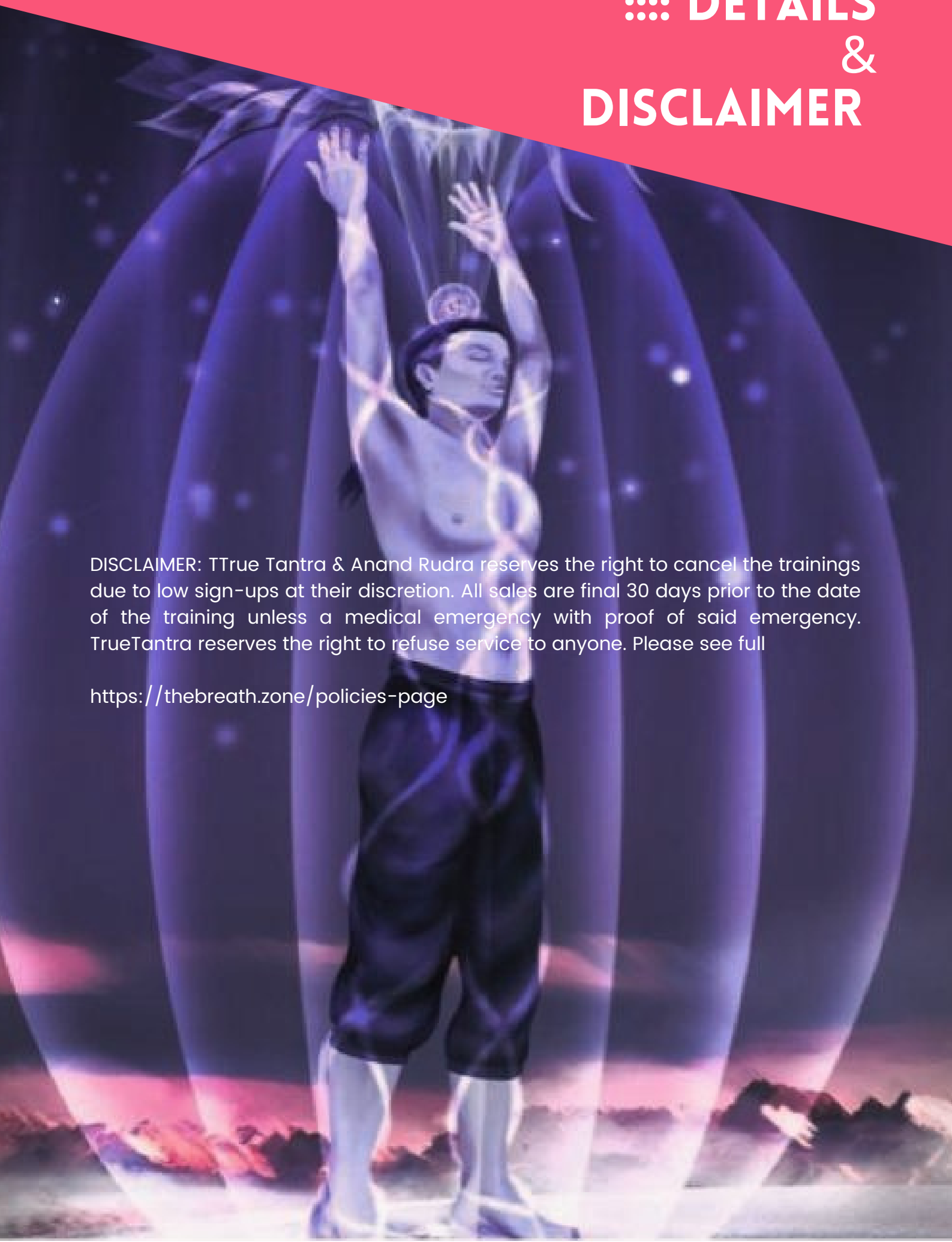
Requirements for this Diploma & Certificaation:

- Deliver the requirements that had been presented on each phase of this training
- Final Test with Anand

PAYMENT details:
BANK TRANSFER
True Tantra Netherlands
Bank ING
BIC: INGBNL2A
IBAN: NL11 INGB000 6803790

Paypal (5% extra for covering fees)
HTTPS://WWW.PAYPAL.COM/PAYPALME/TRUETANTRAEU/

:::: DETAILS & DISCLAIMER



DISCLAIMER: TTrue Tantra & Anand Rudra reserves the right to cancel the trainings due to low sign-ups at their discretion. All sales are final 30 days prior to the date of the training unless a medical emergency with proof of said emergency. TrueTantra reserves the right to refuse service to anyone. Please see full

https://thebreath.zone/policies-page

:::: SHARING & CREDENTIALS

ANAND RUDRA

STRUCTURED & DIRECTED

Of Mexican origin, living in Europe for the last 20 years. He is an International Relations Lawyer; holds three masters degree on North American Studies; Relations Mexico-USA; Law & Economics of European Union. And a PHD in Security Studies of European Union. Entrepreneur; involved in Public Policy and advisor for International Public Policy and Diplomacy.Being raised in a Shamanic culture by father (Mexican spirita and shaman) and by the grandmother (Yaqui Mexican Medical Woman) Since he was young, he was attracted to the esoterical world. As a hobby he has being studying tarot, psicomagia, symbology, ritualism, tantra, sacred geometry and shamanism.Certified Yoga Alliance Teacher and Arhanta Yoga School System.

http://truetantra.eu

EATP
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