



the Padma Centre

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Master Class 2008 Session Topics

Sessions	Topics
Session 1, 2, 3 Feb 15, March 14, April 11,	Preparations for more advanced Pranayam Breath extension - Gayatri Mantra Pratyahara Dharana Dhyan Nada Brahma
Session 4, 5, 6 May 09, June 20, July 18,	Higher levels of Pranayam Prana Maya kosha Nadis – Flow of energy and awareness Psychic Pathways Chakra Vidya Nada Brahma
Session 7, 8, 9 August 15, September 19, October 17,	Advanced Pranayam Preparations for Prana Vidya Preparations for Kundalini Kriya Going beyond the breath, Using Mudras Bhandas in Meditations Nada Brahma
Session 10 November 21.	Putting it all together Advanced Pranayam & Nada Brahma