



NAYANA YOGA
Energy and Spirit

Energetic Alignment Advanced Yoga Training with Harmony Hannigan

January – April 2023

50 hours online classes + 6 day intensive in IBIZA 17-22 April

This is a **100-hour training** program adapted so that you can combine classes from your own home with an intensive residential course in a stunning Finca in Ibiza hosted by Mica Preguerman [MicaYogalbiza] who opens her home for this Training.

If you are already a **yoga teacher or committed practitioner** and are looking to deepen and broaden your knowledge in a **holistic energy-based training**, this course is for you.

You will be guided by a lead trainer with **over 20 years of experience** in an energy-based yoga approach.

In this **certified further education training** you will learn a **new approach** to practicing asanas, where the **somatic focus** awakens a sensitivity to the chakras and pranic body.

You will learn **new techniques** that are rarely found in mainstream courses and will gain a deeper understanding of certain aspects of **Tantric philosophy** and sacred rites.

You will receive **personalized support** by Harmony and her team.



Your teacher

Harmony Hannigan (born in Spain in 1975)

Her parents were initiated into the Surat Shabd Yoga practice before she was born, and her upbringing was influenced by this philosophy. She attended a Vedanta school in London where she had her first academic contact with the scriptures as well as written Sanskrit and Indian dance.

After studying psychology at University, she spent some time in India where she received her first initiations in Tantra Yoga.

After settling in Spain in 2000 she began to teach and formalised her studies as a yoga teacher as well as deepening in her Kundalini Yoga Training above all with Swami Digambarananda and tantric rites with Guruji Raj Kumar Baswar, Kashmir Shivaism with Manu Akshobiah and Vedanta Advaita with Shri Mooji.

As well as her yoga and meditation training, she has offered manual and psycho-spiritual therapies following her studies in techniques including oriental massage, energy work, transpersonal breathwork.

She has offered trainings since 2009 as well as retreats and individual support. She lives in the beautiful Gredos mountain range in central Spain with her family where she also holds individual retreats and activities for small groups.



Course contents

○ How does yoga work on the energy plane?

You will learn about the principals of resonance, and correspondence not only in a scientific way but also on a personal level, enabling you to question how these principles translate to your personal life and the identifying the shifts that you would like to bring about on your journey.

○ The origin of energy and its materialization

Understanding the source of energy has much more than an intellectual value, as it draws the power of coherence into your practice and allows you to embody a greater dimension.

○ The chakras and nadis

You will no doubt extend your current knowledge of the anatomy of the energetic body to consider the polarity of the chakras, the effects of chakra imbalance on the psyche and how an energetic focus to asana practice can activate and balance these centres.

○ Levels of consciousness in the 5 bodies

Take your knowledge of the subtle body to another dimension, by recognizing how asanas and yoga techniques work on different levels of our being.

○ Energy sublimation — with bandhas and psychically (panchakarman)

Yoga is embodying, it is about drawing the energy from the overactive mind into the body. But once we are grounded, ancient techniques are designed to ascend and expand the consciousness. Psychic locks and gestures favour the upward movement of the energy. Visualization is a powerful tool to guide the energy safely into more subtle realms.

○ **The purification of the physical body to fine-tune consciousness**

Some of the shatkarma kriyas will be redefined. For the energy to flow better we need to purify and to feel into the subtle body. Purification awakens a more defined perception.

○ **Pranayama — Tibetan practices for the Vayus**

This set of powerful breathing techniques are for pranayama practitioners. Based on Tibetan yoga techniques these movements direct the breath with gesture and retentions.

○ **Bhakti / Laya / Jnana / Tantra — different paths towards the same union with the cosmic consciousness**

We will contemplate these different paths together and align with those which resonate in this moment.

○ **Psychic power of ritual, theory and practice**

The subconscious mind needs symbols and gestures to process information and set about change. Ancient rites can be simplified and adopted by all practitioners and are powerful tools for embodying psychic and energy shifts.

○ **Symbols such as Shiva and Shakti, the lingam, yoni and introduction to the Mahavidyas.**

Tantric symbols will be redefined and reflected on as the axis for psycho-spiritual evolution. The 10 Tantric Goddesses will be introduced (Harmony offers a full 10-month online training with these powerful feminine archetypes).

○ **Awakening the vision – with visualization, trataka with yantra and transfiguration.**

The sight is a powerful sense that can be purified and directed inwards with these techniques that include sacred geometry and visualisation tools.

○ **The inner sound – mantra, laya yoga**

The laya yoga meditation technique is practically unknown and combines self-transfiguration with bija mantra practice. You will receive an initiation into this technique which awakens the subtle sense of hearing and the awareness of the akashic field.

○ The power of the word – sankalpa and vak siddhi

Thoughts held in the mind are powerful instruments for manifesting a certain reality and when they are uttered as words intentions become crystallised. Their potency is undeniable. We will refine and redefine our use of positive affirmations for our yoga and meditation practices.

○ Yoga nidra – to transcend death

Our yoga nidra practice will focus on going beyond the body, loosening our attachment the physical plane.

○ Find the guru within you

We will define the word guru and clear any misinterpretations, recognizing the indivisible source of life within ourselves.

Course notes

Detailed course notes will accompany this course.

These will be shared on an online platform where students will be able to share their experiences and pose questions.

Students are encouraged to print the course notes and bind them at the end of the online course to have a manual that they can bring to the intensive residential course and use as a future reference.

Certification

Upon completion of the training, Nayana yoga school offers a 100h YACEP Yoga Alliance certificate.

Partial attendance may affect legibility for this certificate, although each individual case will be studied and evaluated.



Dates and times

The 50 hours online will be divided into **15 classes once a week** from January to April online via zoom.

Online classes will be held on **Thursday evenings: 19 - 22h CET**

There will be a time for opening the space and connecting, theory and practice as well as questions and answers.

The class work is accompanied by **printable documents for self-study**, however students are also encouraged to write their own notes during the theory class.

The classes will be recorded and shared on the community page.

January: 5, 12, 19, 26

February: 2, 9, 16, 23

March: 2, 9, 16, 23, 30

April: 6, 13

These last two classes will be slightly longer: 18:30 – 22h CET

Ibiza intensive 17-22 April

We recommend you to book your flights in advance and confirm your accommodation onsite or offsite with Mica +34 654 98 92 95

Venue: Private retreat centre in Santa Gertrudis, Ibiza



Pricing:

50H online + 50H intensive in IBIZA

Tuition only with Harmony Hannigan:	2100€
EARLY BIRD DISCOUNT paying in full before 30th November:	1890€

IBIZA	
Shared accommodation 7 días / 6 nights in Ibiza:	490€
3 Meals per day:	330€

Please note that the tuition fees are payed to Nayana Yoga while the accommodation + food fees are to be arranged with Mica.

Total	
Full price including full board:	2920€

Comments and options

- Price for tuition includes tax.
- Accommodation in our private retreat centre in Ibiza is in shared bedrooms. Reach out to Mica for more information.
- The payment of the accommodation + food 820€ is to be transferred to Mica and does not include taxes. Please contact her for invoicing questions.
- The payment of the tuition fees to Nayana Yoga.
- Meals will be vegetarian. We can cater for any allergies.
- If you prefer to find your own accommodation in Ibiza this is an option, however you are requested to take your meals with the group.
- Please consult us directly if you need to fraction your payments or require some additional assistance.

How do I apply?

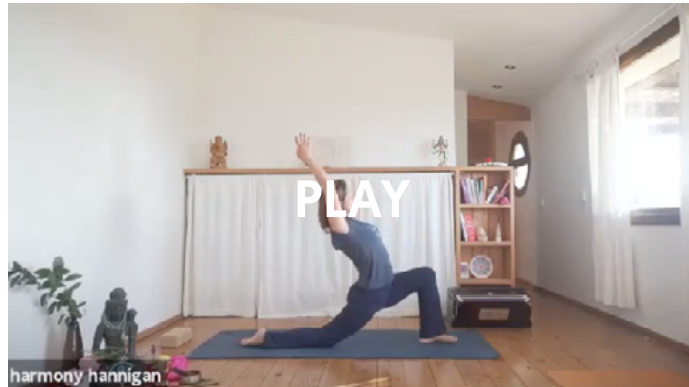
You can make your payment directly by bank transfer to Nayana Yoga using the following bank details:

Jorge Alvarez Romero
IBAN: ES74 2100 2550 4113 0013 5724

SWIFT / BIC: CAIXESBBXXX

Try a class

- On the 21th of October at 7pm CET you can sign up for a free class with Harmony. If you miss the date you can request the recording.
- You can also enjoy the recording of a class that was recorded during lockdown with Harmony to feel her energy and quality of transmission.



Meet Harmony

You can also request a free 30 minute discovery call with Harmony.

For this you can send a WhatsApp to Harmony indicating your preferred time together with your email address to receive the link for the video call.

Her number is: +34 647 82 47 70

We encourage you to see the following promotional video which includes comments from some of the people who completed this training with Harmony in 2019.



Information and reservations

FINANCES

Payments and Invoicing:
Jorge +34 658 86 35 02

RESERVATIONS

namaste.nayanayoga@gmail.com
Carmen +34 608 43 68 06

ON-SITE ACCOMMODATION + DIET

Mica +34 654 98 92 95

We look forward to meeting you
Harmony, Carmen, Mica

www.nayanayoga.com
www.parentesisvital.com



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