

# Awakening the Pranic Body

## Prana Marma Nadi Chakra Manas within Yoga and Ayurveda

With James Bailey, LAc, MATCM, MPH, DiplAyu

"Awakening the Pranic Body" is a practical and in-depth teaching module designed for yoga practitioners and teachers in training. The course focuses on the structure, function and potential for personal development of the subtle (pranic) body from the perspective of yoga, ayurveda, and the marma therapists and kalarippayatu (sacred martial art) practitioners of south India.

Marmas are focal points of prana, and nadis are channels or flows of prana, both found within the subtle body. Marmas are positioned along the major nadis. There are 14 primary nadis and 108 major marmas used to (1) advance the practice of yoga by releasing areas of restricted movement, (2) increasing vital energy and consciousness within the body, and (3) to heal injury or illness. Both practitioners of kalari and yoga make use of the marmas and nadis to heal and increase the capacity of the body to hold and manage prana shakti, our vital life force energy. Refining prana also results in a greater degree of embodied consciousness.

Marmas work like capacitors to boost the flow of prana. These energy amplification points are stimulated by certain asanas, and can be manipulated via marmachikitsa (marma therapy). Marmas can also be used to balance energy within the chakras, regulate the pancha vayus, and control imbalances of the doshas (biological forces).

"Awakening the Pranic Body" was designed to deepen the teachings and practice of yoga by helping the student or instructor to recognize areas within the pranic body that are blocked or weak. Techniques to clear or strengthen each of the 14 nadis and 108 marmas will be taught in a practical manner that can be integrated into one's practice or teaching environment.

This program satisfies Yoga Alliance requirements for anatomy and physiology, philosophy, lifestyle and ethics, and elective hours.



## Teaching Outline

### FRIDAY AFTERNOON:

Prana, Prana Vidya and the Subtle Body  
Traditional Uses of the Subtle Body  
Prana and the Pancha Vayus

### SATURDAY:

Intro to the Nadis  
The Primary Nadis of Yoga: Sushumna, Ida and Pingala Nadis  
The Fourteen Major Nadis  
Nadi Imaging  
Nadis and the Chakras, Five Senses, Organs of Action, Vayus  
Treatment of the Nadis  
Channel Pathology  
Cleansing the Nadis  
Nadis and Meditation: Ajapa Japa

**SUNDAY:**

Intro to the Marmas  
Marma Imaging  
Marma Classifications  
Marmachikitsa: Marma Therapy  
Methods of Marma Therapy for Yoga Teachers  
Marma Meditation  
Marmas and Mantra: Nyasa  
Marma by Region of the Body  
Marma Flows and the Pancha Vayu  
The Chakras and the Mind

**BIOGRAPHY**

**James Bailey, LAc, MATCM, MPH, Dipl Ayu** is a third generation healer, health educator, and CAM physician who has been living yoga and ayurveda for 22 years, providing naturopathic eastern medical practices since 1990 in Santa Monica, California. Sevanti Wellness is an integrative practice fusing the best of acupuncture, Oriental Medicine and Ayurveda, recognizing that every medical practice has a limited view on life and healing. By combining both disciplines a broader range of practice is provided for each patient.



James teaches ayurveda and yoga workshops worldwide, and has been a contributing editor and former columnist for Yoga Journal, Light on Ayurveda, LA Yoga and Ayurveda and other wellness magazines.

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