

Awakening the Sacred Body: The Tibetan Yogas of Breath and Movement

A GlideWing Productions online workshop

With Geshe Tenzin Wangyal Rinpoche

Course Syllabus

Introduction

Please tell us about your previous experience

Hello and Welcome!

About the Practices of Breath and Movement

Conceptual Karmic Pain Body, Speech and Mind

The Five Point Posture

Recommendations for Formal Practice

The Nine Breathings of Purification

Nine Breathings of Purification - Step-by-Step Practice Instructions

Introduction to the Nine Breathings of Purification

Benefits of the Practice

Preparing Your Mind for this Practice

Explanation of the Practice

Selecting an Issue for this Practice

The Role of Wind, or Prana, in these Practices

Recommendations for Formal and Informal Practice

Nine Breathings Guided Formal Practice

Guided Practice - downloadable audio file

Tsa Lung: Upward-Moving Wind

Overview of the Tsa Lung Exercises

General Guidelines for the Tsa Lung Exercises

Introduction to the Tsa Lung Practice

The Conceptual Karmic Pain Body

The Upward-Moving Wind Tsa Lung Exercise

Upward-Moving Wind Tsa Lung Exercise - Step-by-Step Practice Instructions

The First Tsa Lung Exercise - Upward-Moving Wind

Upward-Moving Wind - Selecting an Issue

Upward-Moving Wind - Steps for Formal Practice

Upward-Moving Wind - Informal Practice

Inner Refuge

Upward-Moving Wind - Benefits of the Practice

Upward-Moving Wind - Written Practice Instructions

Upward-Moving Wind - Guided Formal Practice

Guided Practice - downloadable audio file

Tsa Lung: Life-Force Wind

Life-Force Wind Tsa Lung Exercise - Step-by-Step Practice Instructions

The Second Tsa Lung Exercise - Life-Force Wind

Life-Force Wind - Selecting an Issue

Life-Force Wind - Steps for Formal Practice
Life-Force Wind - Informal Practice
Life-Force Wind - Written Practice Instructions
Life-Force Wind - Guided Formal Practice
Guided Practice - downloadable audio file

Tsa Lung: Fire-Like Wind

Fire-Like Wind Tsa Lung Exercise - Step-by-Step Practice Instructions
The Third Tsa Lung Exercise - Fire-Like Wind
Fire-Like Wind - Selecting an Issue
Fire-Like Wind - Steps for Formal Practice
Fire-Like Wind - Informal Practice
Fire-Like Wind - Written Practice Instructions
Fire-Like Wind - Guided Formal Practice
Guided Practice - downloadable audio file

Tsa Lung: Pervasive Wind

Pervasive Wind Tsa Lung Exercise - Step-by-Step Practice Instructions
The Fourth Tsa Lung Exercise - Pervasive Wind
Pervasive Wind - Selecting an Issue
Pervasive Wind - Steps for Formal Practice
Pervasive Wind - Informal Practice
Pervasive Wind - Written Practice Instructions
Pervasive Wind - Guided Formal Practice
Guided Practice - downloadable audio file

Tsa Lung: Downward-Moving Wind

Downward-Moving Wind Tsa Lung Exercise - Step-by-Step Practice Instructions
The Fifth Tsa Lung Exercise - Downward-Moving Wind
Downward-Moving Wind - Selecting an Issue
Downward-Moving Wind - Steps for Formal Practice
Downward-Moving Wind - Informal Practice
Downward-Moving Wind - Written Practice Instructions
Downward-Moving Wind - Guided Formal Practice
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Review and Conclusion

Awakening the Sacred Body - Conclusion
Thank you and farewell
Closing Prayer