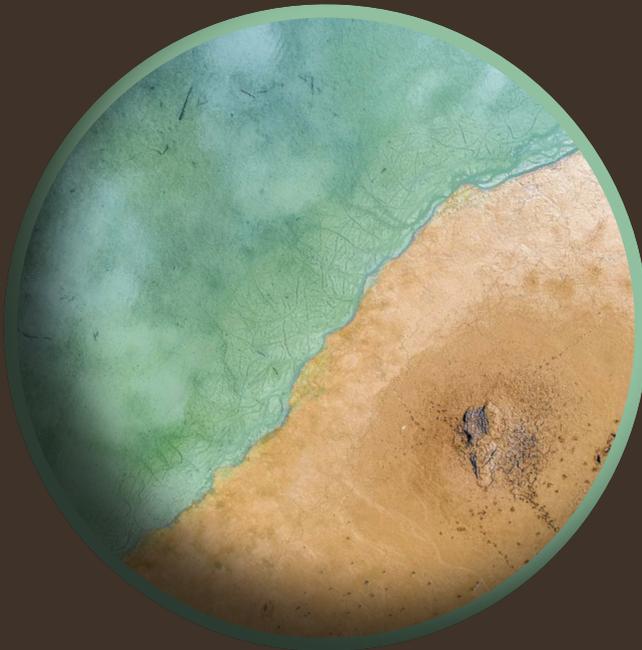


5 Element Form

TEACHER TRAINING

Level 1&2 „Earth and Water“ with Peter Clifford
Austria, Mattsee
7th till 16th of September 2018



The **Five Element Form** is part of an ancient Tantric **Yoga** practice known as Tattwa Shuddhi Sadhana element purification practice. This practice was shared with Peter Clifford at the Kamakhya Tantric Temple in Assam in Northern India by his teacher Swami Shankara.

flow

5 Element Form

TEACHER TRAINING

This 10 day course provides a wonderful opportunity to learn, practice and teach the **Five Element Form** with yogic master **Peter Clifford**. The course will introduce you to a powerful form of yoga which draws on the forces of nature, the five elements, to vitalise, energise and strengthen for allowing you to realise your true potential.

The Five Element Form also known as **Tattwa Shuddhi Sadhana** is a **Tantric Anahata Yoga** purification practice which had been created to make the five senses evolve, to become subtler so that they heighten the life experience of the practitioner and create greater conscious awareness and potential for self-realisation. Tattwa Shuddhi Sadhana has been practiced in Assam, in the north of India and is considered to be a dynamic form of meditation and self-reflection.

Fees 1350 € including Skript

plus € 40,- to € 60,- per night. Brunch and dinner included

Location: Austria, Sterntaler Mattsee (directly at the lake),

Info: www.anahatayoga.com.au

Booking and detailed information Angelina Inama

mail@inama.yoga | www.inama.yoga/veranstaltungen | 0043 699 19158969



Course Overview (80 hrs)

Level One and Two - Earth and Water

- The origin of the 5 Element Form from the ancient scripts Shiva Swarodaya
- Philosophy of the 5 Elements
- The physical practice of the 20 poses that constitute the form
- Breathing exercises and meditations of the form
- 5 Element Form for therapeutic purposes
- 5 Elements Mantra
- Yoga Nidra (Relaxation)

Lectures

The origin of the Five Element Form from Shiva the AdiYogi
The ancient Indian text
The Shiva Swarodaya
Shiva's Dance of Love for Shakti
Philosophy of the Five Elements

Evenings

Fire Gazing, Star Gazing
Five Element Mantra (Chanting)
Fire Puja (Rituals)

Practice

The 20 physical Five Element form movements
Pranayama breath practices
Meditations of the 5 Elements



Peter Clifford

Peter is the founder and director of Anahata Yoga, senior yoga teacher (E-RYT 500) and teacher of the Five Element Form. He has studied and practiced yoga for 52 years and developed the unique, powerful and comprehensive Anahata Yoga philosophy, which manifests in Asana as the Dance of Shiva and Shakti.

Peter's teaching style reflects his experience as a household yogi and his training in Assam, India. He embodies the qualities of grace, humour, compassion and non-judgement, and provides his students with the tools to apply the philosophy of yoga to all aspects of daily life.