
YOGA WELL INSTITUTE

ADVANCED VINIYOGA APPLICATIONS

PRĀṆĀYĀMA BREATHING IN VINIYOGA



PROGRAM GUIDE

Welcome to Advanced Viniyoga Applications

Prāṇāyāma & the Viniyoga of breathing

Transformation from Within

Are you ready to go beyond physical postures and experience the true power of Yoga?

In the **Viniyoga tradition**—renowned for its intelligently individualized application of technique and principle — *prāṇāyāma* is not merely a collection of breathing exercises. It is a refined and powerful science of inner transformation, with structures, and progressions, and layers, applied according to the practitioners capacities and needs.

Whether you are seeking physical vitality, emotional cleanliness, clarity, or deeper meditative practice, *prāṇāyāma* is one of Yoga's most powerful instruments on the path. This course will show you how to understand *prāṇāyāma* and its applications.

This is an experiential course, with experiential homework, regular discussions, and extensive information, both theoretical and practical. All based on the Viniyoga teachings of Mr. TKV Desikachar and Sri Krishnamacharya.

You can expect:

- ☐ In Depth exploration of the principles at the foundation of *prāṇāyāma*
- ☐ Clear exposition of the possible goals and purposes of *prāṇāyāma*
- ☐ Extensive practical experiences and discussion
- ☐ Thorough understanding of how to structure *prāṇāyāma* practices and develop them over time
- ☐ A wonderful community of committed practitioners in deep study together
- ☐ A sustained relationship with your personal teacher and your personal practice, over time, that provides a foundation and a container of sanctuary through life's many ups and downs.
- ☐ And much, much more...

Advanced Viniyoga Applications - *Prāṇāyāma* is an immersive dive into the practice of Yoga and *prāṇāyāma* techniques in the Viniyoga Tradition. It is an opportunity for Yoga practitioners and professionals to informationally and experimentally explore the vital practice of *prāṇāyāma*, and Yoga's breathing practices in general, with individual guidance structured within a committed group.

This guide is intended to answer many of your questions and to help you determine if Advanced Viniyoga Applications - *Prāṇāyāma* is the right fit for you at this time. Once you have reviewed the information here please reach out and set up a time to chat with a Yoga Well staff member for any clarification or questions or to enroll.

Why Yoga Well?

This is the most important question! With so many options available to you, here's what we sets us apart from other Yoga Programs:

The Yoga Well Institute is one of the only Viniyoga Institutions in North America. Our Founder, Chase Bossart, was a personal student of Mr. TKV Desikachar for over 20 years. He founded the Yoga Well Institute as a space where Mr. Desikachar's teachings could live on in North America and Beyond.

We focus on explaining not only how Yoga works, but why it works. Through down-to-earth explanations of philosophy we provide the context of Yoga practice, what it is designed to do, as well as how and why. This opens the door for students to go deeper into their life, through their practice!

Our teachings take place within an intellectual container of authentic, coherent Yoga teachings that explain Yoga as a Life Path, and present Yoga's understanding on almost every aspect of being human.

Most importantly, we practice what we teach. We are a community of practitioners, each guided by their personal teacher.

For more information on Viniyoga itself please read [What is Viniyoga?](#) from the Yoga Well Blog.

Is This Program for Me?

This program is for practitioners and professionals who seek to take their practice in a direction of deep study and understanding.

Advanced Viniyoga Applications - *Prāṇāyāma* is a deep dive into one of Yoga's most powerful tools: working with the vital force of life through breathing and related techniques.

It is suitable for a wide range of students with a wide range of goals including:

- ☐ Practicing Yoga students who find themselves plateauing in group and studio classes.
- ☐ Yoga professionals looking to deepen their offerings,
- ☐ Anyone seeking to create real, authentic relationships in their life and/or with their students.
- ☐ Yoga Therapists wanting to integrate Viniyoga principles into their existing practice.
- ☐ Any Yogi seeking deep studies **beyond** traditional 200, 300, and 500 hour programs.
- ☐ All practitioners ready for their next step: in life, in practice, in relationship, and beyond.

Please reach out to us if you would like to discuss your goals. Our staff is genuinely interested in helping you arrive at the best place for you!



[Let's Chat!](#)

What You Will Study

Yoga has been a topic of sustained discussion in India for at least two thousand years. It has well developed answers to questions of Who am I? What does it mean to be human? Why do difficulties arise? And What should I do about them? As a practice it is designed to help each individual find their own experiential answers.

Advanced Viniyoga Applications - *Prāṇāyāma* offers the time and space to explore these questions through the prism of:

- ❑ Authentic Indian principles and ideas from, and within, which the practice of Yoga developed;
- ❑ Coherent understandings of how the what, why and how of Yoga practice works, both on the mat/cushion and in your life;
- ❑ Individual, personal development and opportunities for sustainable transformation;
- ❑ Frequent opportunities to engage with an active community of like-minded seekers engaged in deep study.

The topics and competencies that are specifically utilized in this program include:

Yoga Anatomies — *Prāṇa* is life itself. Every physiological system and all their movements, including thought, emotion, and action, are founded upon and reflections of the movement of this subtle energy that is the life-force. We will delve deeply into *prāṇa* and related anatomies including *nāḍīs*, *indriyas*, and *manas*, to name just a few!

Yoga Philosophy — *Prāṇa* is a core concept in Indian & Yoga texts. We will explore these at depth including Patañjali's Yogasūtra, Haṭha Yoga Pradīpika, Bhagavad Gītā, Chandoga Upaniṣad and others.

Foundations of *Prāṇāyāma* — Viniyoga has clear principles for creating *prāṇāyāma* practices. Like everything in Viniyoga, the principles of application vary according to the intersection of purpose and capacity. We will explore the full depth of these techniques, including the principles underlying them and their applications in different contexts, with the goal of providing participants a practical, actionable understanding of how to utilize their full range from healing to thriving to transcendence.

Milestone Development for *Prāṇāyāma* — How to plan, sequence, and structure breathing practices over time. How to modify them to accurately match the capacity and need of the person as they change over time. How to create a single practice that addresses different dimensions of the individual simultaneously.

Program Details and Logistics

Advanced Viniyoga Applications - Prāṇāyāma begins Wednesday September 23rd and is a 15 month long immersive experience.

Why 15 Months? - Sustainable change is not an overnight thing. Yoga is a process of replacing unhelpful or negative patterning with useful, supportive patterning. Since we've been accumulating patterns over the course of our lifetime, one or two months is not going to successfully shift who we are.

Programs at the Yoga Well Institute include a variety of learning modalities. As such, in addition to Mentorship and Personal Practice this program meets regularly for lectures and seminars as well as group meditations and discussions. Participation in this program looks like this:

Daily - Everyone has a **personal practice** designed for them by their Mentor. You're expected to practice every day, keep a brief journal of your experiences, and check in with your Mentor for regular guidance throughout the program. The what, when, length and content of your daily practice is completely up to you and your Mentor depending upon your needs, capabilities, interests and goals.

Weekly - [Yoga for Meditation](#) - a weekly guided meditation every Wednesday morning at 7am PT / 10am ET. This offering provides you great breadth and depth of experience in meditation, as well as the preparatory practices. *This class open to the community and enrollment in this class is included in the tuition for Advanced Viniyoga Applications - 1, a \$795 value.*

Semi-Weekly - Advanced Viniyoga Application Seminars and Lectures: Nearly weekly (50+ times across the duration of our 15 month program), we meet online on Wednesday evenings starting at 4pmPT/7pmET for three-hours covering various topics and competencies.

Monthly - [The Application of Meditation](#) is a 60-minute class on the 2nd and last Wednesdays of each month immediately following the Yoga for Meditation class, starting at 7:45amPT/10:45amET. It examines the tools and experiences from Yoga for Meditation and explains both the organization of the practice and the experiences that arose out of it. It is a meaningful discussion of participants to understand how meditative experiences can differ for participants. *This class open to the community and enrollment in this class is included in the tuition for Advanced Viniyoga Applications - 1, a \$795 value.*

Monthly - One-to-one sessions with your mentor. Every participant will have a private teacher that they meet with regularly for guidance on personal practice and whatever yoga topics you'd like to cover.

[Advance Viniyoga Applications - Prāṇāyāma Full Schedule](#)

All classes are conducted on Zoom and recorded for later review. Handouts and Class materials will be posed to the Yoga Well Student Portal.

Investment

The full investment in the program is \$4,995.00.

To secure your spot, a **\$375.00 non-refundable deposit** is required.

The remaining balance of tuition is divided into **15 monthly payments of \$308.00 or 18 monthly payments of \$257.00**.

If you pay in full before the start of the program, we offer a 10% discount which brings the tuition to \$4,495.50 (including the deposit.)

Additional costs that are not included with tuition are:

- ☐ **Mentorship Fees** - All mentorship fees are paid directly to the mentor and set by the mentor. On average mentors in the Viniyoga Tradition typically collect between \$100 - \$200 an hour for their services. Some mentors will work with students based on their personal financial needs. *Please let our Student Advisor know if it is appropriate for your situation to work with mentor that is open to working with you financially.*
- ☐ **Books and Study Materials** - Students of the program are responsible for sourcing and obtaining the required reading materials and any tools or supplies they prefer to use in a learning environment.

Whenever possible we work to provide Tuition Support based on need and merit, For more information, please [schedule a time to speak with us!](#)

A Note on Mentorship

All participants in this program are expected to work with a mentor in the Viniyoga Tradition or of similar background for at least 15 hours over the duration of the program. If a student already has a mentor they may continue to work with their mentor to fulfill the requirements of this program.

If a student is not working with a mentor or for whatever reason would like an introduction to a new mentor they will have a 30 minute Mentor Matching Session with Chase Bossart for a mentor introduction.

Regardless of whether or not someone chooses to participate in this program all are welcome to partake in a free Mentor Matching Session with Chase.

[Schedule Your Mentor Matching Call with Chase Bossart](#)

We consider the student/teacher relationship to be of highest regard and as such the Yoga Well Institute does not get involved in the financial relationship between a student and their mentor nor do we receive referral fees or commissions when making mentor introductions.

Quick Information on Advanced Viniyoga Applications - *Prāṇāyāma*

Advanced Viniyoga Applications - *Prāṇāyāma* is 15-month online program designed to help you establish Yoga in your life in deep and meaningful ways through personal practice under the guidance of a Viniyoga Mentor.

- Program Lectures and Seminars Begin Wednesday September 23rd, 2025.
 - Wednesday Sessions meet 4pm-7pmPT/7pm-10pmET
- Full Tuition Investment is \$4995.00
 - *Tuition does not include Mentorship Fees and Reading Materials*
- A Deposit of \$375.00 secures your position.
- Two Payment Options are Available:
 - 15 Month Option - \$308.00 a Month
 - 18 Month Option - \$257.00 a Month
- Tuition Includes 15 months of the Yoga for Meditation class (\$735 value)
 - Wednesday Mornings at 7:30amPT/10:30amET
- Tuition Includes 15 months of Application of Meditation class (\$735 value)
 - 2nd and last Wednesday of each month following Yoga for Meditation
- All classes are live online as well as recorded and available on-demand
- All course materials and content lives in the Student Portal, access to recordings for two years after program completion is available to students who complete the program and have paid their full tuition.
- This program provides structure and support in maintaining, starting, or re-starting daily practice under the guidance of your Viniyoga Mentor.
- This Program can provide CEU's for IAYT or Yoga Alliance Certified Students.



[ENROLL NOW](#)

