

# Sales Page - Pranayama Breathwork Course - Sampoorna Yoga, Goa

## *(Section 1 - Course Title, Subtitle)*

COURSE TITLE: Conquer your Breath, Conquer your Life

*Subtitle:* Transform your health and wellbeing with our comprehensive Yogic Breathwork Program from the very heart of yoga

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## *(Section 2 - You're in the right place)*

**Who is this life-changing program for?**

This program is for you if...

You dream of lasting peace and calm in your life, for you and others, and you're ready to commit to improving your health and reconnecting to your true self.

Whether you're...

- **A complete beginner**, but you've heard that yoga can really help you overcome the stresses of modern life. You're tired of feeling anxious and overwhelmed, and

ready to trade that for a feeling of calm and inner peace. You'd love to feel healthier and happier, but you're not sure how to achieve this. You want to increase your awareness and be more present in your relationships and day to day life.

- **You work from home** and you want to take time out from your daily life and nourish your inner body, mind and soul.

→ You want to explore ways of becoming consistently more focused, active, and energetic, so you can enjoy life fully.

You're in the right place and I'm going to explain how **Conquer your Breath, Conquer your Life** will give you the tools, inspiration, and unparalleled support on your journey to connecting with yourself on a deeper level.

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By the end of this program you will have experienced the following wonderful benefits of breathwork:

- **A boost to your immune system**, so you enjoy better health every day.
- **Relief from mild worry, stress, anxiety, and depression**  
- you will feel much calmer and feel a deeper sense of peace within.
- **A noticeable increase in your energy levels** so you are so that you can accomplish more whether it is work, spending time with your loved ones or pets, or enjoying doing things you like to do

- **A higher level of mindfulness** - you will be be more present in what you do and thus will be more efficient, and achieve more in less time, freeing up more time for yourself.
- **An improvement in your brain performance** - your working memory, reasoning skills, flexibility, and your concentration span will all improve, which is fantastic for getting all your work done, so you have more time to spend on the joyous things in life.

## *(Section 4 - Proof)*

[Short TESTIMONIAL #1]

## *(Section 5 - 1st CTA)*

CTA: Enroll in Conquer your Breath, Conquer your Life Today

One time payment of  
€87

## *(Section 6 - Proof)*

[written TESTIMONIAL #2]

## *(Section 7 - What do you get?)*

H2 -

**What's Inside 'Conquer your Breath, Conquer your Life?'**

 **xx Guided Breathwork Sessions**

We passionately believe that effective conscious breathing is the key way to unlocking your prana or 'vital energy' within and building a truly healthy life.

But it's more than that. It leads you on a journey towards connecting on a deeper level with your true self.

This is why if you choose Sampoorna Yoga for your journey we will guide you every single week for xx weeks, with our breathwork sessions - we see you from start to flourish.



## **52 Pranayama Yogic Breathwork Lectures**

Learn the principles of Pranayama that will never leave you, with our fascinating, expert lectures.

### **Phase 1 - Introduction To Pranayama**

Phase one begins with an introduction to the practice and benefits of Pranayama. We will guide you through and ensure you are fully prepared to start and be successful in implementing pranayama in your life.

- What is Pranayama and breathwork and what is the difference?
- Benefits of Pranayama
- Pranayama and mindfulness
- How to prepare for your pranayama practice

### **Phase 2 - Unlock Your Prana (Life Force)**

Now we are ready to start refining pranayama practice and ensure that you can apply the techniques in an easy-to-action sustainable way.

- Dos and Don'ts of pranayama practice
- Consistency is the key
- What is abdominal breathing?
- What is breath retention and its types?
- How to practice Nadi Shodhana/alternate nostril breathing

### **Phase 3 - Enhance Your Vital Energy with Breath**

Now we are ready to learn the deep elements of pranayama practice and really influence the flow of prana or life force through our bodies. Get ready to experience the joy of practicing different breathing and cleansing techniques, and postures led by our expert yoga practitioners.

- How to practice Bhastrika pranayama (bellows breath)
- How to practice Kapalbhata (skull shining breath)
- How to practice Ujjayi (victorious breathing)
- How to practice Bhramari Pranayama (humming bee breath)
- How to practice Suryabhedana pranayama (sun piercing breath)
- Asanas (postures) for pranayama
- Yogic technique for nasal cleansing for pranayama
- Contraindications

### **Phase 4 - Share Your Passion**

In the final lesson, we dive into the possibilities that pranayama can offer. We share our stories on how sharing our passion for pranayama has offered us career opportunities we adore.

- Share what you love: Career as a breathwork teacher

## *(Section 8 - Value Stack)*

### When You Enroll You Will Get

Conquer your Breath, Conquer your Life Today

*(A €299 value)*

- **xxx high-quality HD video lectures** teaching you everything you need to know to improve your life with pranayama.
- **A comprehensive step by step guide so you learn how to practice pranayama- the yogic breathwork.**
- **XXX pre-recorded guided audio and video self-practice sessions so you build up your practice at your own pace.**
- **One year's full access** so you have enough time to implement ways of feeling healthy, and at peace, that will last you a lifetime.
- **21-Bonus Yoga Nidra Guided Video Sessions**

## *(Section 9 - FAQs)*

## **Frequently Asked Questions**

### **Do I need to have any yoga experience to do this program?**

No, not at all. This program is for everyone. You don't have to be a yoga practitioner to follow this program. . We will teach you step by step via our expert video guides and lectures.

### **Will Pranayama-Yogic Breathwork Program really make me feel calmer?**

Yes. This program is designed to help you become calm and centred at all levels. It will help you heal your body, mind and soul. Pranayama heals and repairs your physical, mental and pranic body (aura body), makes you grounded, strengthens and soothes your nervous system, makes you more centred and grounded and removes unnecessary thoughts and worries from your mind. This will help you achieve a lasting feeling of calm.

### **Is breathwork the same as Pranayama?**

Breathwork and Pranama do have a few things in common but they are not exactly the same. The main aim of breathwork is to use our breath to become physically, mentally, and emotionally fitter, healthier, and happier. We can release trauma and blocked emotions, and use the breath to heal the body and mind.

Breathwork works mainly on the physical and mental body. On the other hand, Pranayama - Yogic Breathwork works not on our physical and mental being but also works on the energy

body also known as the pranic body. It induces deeper levels of awareness and meditation for us.

### **Will I need to buy anything to follow the program?**

No, you don't need to buy anything before you start the Pranayama Yogic Breathwork Program.

### **Why is your program priced so low?**

The actual program is not priced low at €399. But due to the current circumstances in the world, we are offering it at a discounted price of €87 so that everyone can have access to it. We believe the experience of Pranayama Yogic Breathwork should be affordable for everyone and everyone should be able to achieve the inner peace, joy, and calm it can bring. Especially in the given times.

We also believe that the price reflects our passion for sharing as much of our knowledge as possible, to help as many people as we can.

### **What is your refund policy?**

We stand behind our products and your satisfaction is of the utmost importance to us. However, because the products are digital goods delivered via Internet download we generally offer no refunds.

*(Section 10 - CTA)*

CTA: Reconnect with your amazing self

Enroll in Conquer your Breath, Conquer your Life Today

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*(Section 11 - Meet Me)*

[SPOTLIGHT ON DEEPAK] - video

*(Section 12 - Final CTA)*

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