

## **To All Prana Flow Teachers:**

*Namaskaram. I bow to you. You are amazing and you have all won my heart in this journey of yoga.*

Since the release of the "Tending the Heart Fire - Living in Rhythm with the Pulse of Life" as a book for living vinyasa for our community in January, I have been re-tending the foundational structure of our Samudra Global School for Living Yoga and the evolution of Prana Flow. This evolution of Prana Flow began 24 years ago in a static asana world. This message is a call for the power of our connecting lines in community and contains the Prana Flow Code of Respect which outlines how we can continue to evolve Prana Flow with a high degree of integrity and authenticity.

It has been part of my dharma to hold space for the last 24 years for the evolution of vinyasa as a synthesis form from Krishnamacharya's teaching and the tantric roots of yoga practice. Vinyasa flow is now a worldwide phenomenon and the shift from static asana towards greater freedom of movement, breath and flow is now integrated into the contemporary landscape of yoga. The evolution of Prana Flow Vinyasa has had positive ripple effects from teachers returning to their smaller communities and introducing the evolutionary aspects of Prana Flow, to mainstream teachers who have taken our modules and graduates who have gone onto opening studios, becoming teacher trainers under their name, and being movers and shakers in their field. Collectively, they are bringing Prana Flow into education, healing, leadership, and the arts. Beyond our graduates, there are mainstream teachers who have either taken our modules or been influenced are incorporating prana flow into their teachings.

My role in the beginning was more to help expand vinyasa out into the world. Now is the time to clarify Prana Vinyasa-Prana Flow so that all that has been cultivated can be honed, honored, passed on, and transmitted with greater clarity and power.

With the spread of social media and a new generation of yoga teachers that seem to have less awareness of ascribing basic recognition we are seeing many of the unique aspects of Prana Flow, that has been cultivated over the last decades, being dispersed.

In our teacher trainings, we define the importance of respecting and crediting any unique aspect of yoga we learn, however the basics of plagiarism and simple respect are often not being honored. Every week, we are sent examples online, on websites, and in print that disregard the basic respect.

It appears we need a document in writing which gives us a good muladhara from which to grow from. For the last few months, I have been working on the Prana Flow Code of Respect to avoid any confusion and create greater clarity for the

future.

My relationship with my Kalari teachers over the past ten years of study has helped me understand the process of roots and evolution better as an example for our community. I have very slowly absorbed the traditional form of Kalaripayattu while receiving guidance from my teachers in the evolution of a preparatory form of Kalari Vinyasa. I studied for many years before offering or integrating anything and only after receiving permission from my teachers. I share with them and ask feedback for that process. I treasure that connection, I feel a great grounding, transmission, integrity, and power. I am looking to connect with students and teachers on this level of seed power and seal up the "leaks in the practice" so we can evolve and rise together.

We have formulated new guidelines for teacher trainees and teachers to help us all transmit the practice of Prana Flow Vinyasa with greater power collectively. We have also created Prana Flow Facebook Hubs for teachers to stay connected and gather support. In August, we will announce more accessible and accountable certification guidelines for 2014 that will help create greater unity in embodiment and teaching of the practices.

I would love to empower you with all that I know from my heart and have received from my teachers.

I need your help now to build a more positive and clear container for Prana Flow/Prana Vinyasa and Samudra Global School with courtesy, honor, and integrity, so that the Prana Flow offerings are circular and help to build our entire collective. We can all come together, while staying true to our unique path and multiple influences as teachers, to create clear pathways of Prana Flow through respect and integrity within the evolution of the system.

Thus, the Prana Flow Code of Respect is agreement for new students, mentor-apprentice and teacher trainers that we have amongst ourselves and that we honor for all forms of teachings within yoga and beyond. In a world where appropriation, fragmentation and separation is becoming more than norm, coming together in a positive way is a great victory.

So please review this Prana Flow Code of Respect and email back if you have any questions. We would like to have all current students, mentor-assistants and teacher trainers sign this by August 9th Full Moon. It is a requirement for new students and for any teachers on our website listing. This is not our new mission. We are still a culture of Yes!, synthesis and inclusiveness. Please see the box below which is a YES! please share these teachings.

This next cycle in 2014-15 is about the muladhara - the root connection and structure in Prana Flow and Samudra so that we can thrive and bring greater flow to the next phase.

Prana Flow is growing around the world from the seeds of community that we are. I have realized, it is the relationship with each other that is the most precious, potent and beautiful. Each one of you plays a part in the unfolding.

SARVA MANGALAM  
Auspiciousness for all!

Love All Ways,

[Shiva](#)

***After reading, please reply to this email as acceptance and commitment to this Code you can send any questions or feedback for greater clarity. For all apprentice-assistants, graduates and teacher trainers, honoring this code will be the basis for being part of our directory, and programs and as the clarity for which full-empowerment can be given.***

***Thank you!***

## Prana Flow Code of Respect – For Teachings (Part 1 of 4)

### Prana Flow Code of Respect Code for All Teachings

The Prana Flow Code of Respect emerged as a tool for creating greater connection, continuity and clarity for the transmission of a Prana Flow class, workshop, teacher training, retreat and beyond. As a practitioner, a teacher, and as a synthesis community, we respect the teachings of yoga and all traditions.

This includes honoring and crediting by name for Prana Flow (or anything unique from a teacher, style or system of yoga or other forms.

The Prana Flow Movement Alchemy and Pathways of Flow (40 Namaksar-64 Solar-Lunar Sequences) is the unique evolution that forms the basis of our teacher training and practice community.

This includes honoring:

- 1) Unique Asanas – e.g. in Prana Flow “Radhakrisnasana” or Prana Flow Parsva Anjenayasana;

- 2) Unique Technique – e.g. pulsation vinyasa, three- part vinyasa for teaching energetic alignment, embodying the movements of prana, mudra vinyasa, four-movements of lunge;
- 3) Unique Sequences - e.g. Prana Flow Namaskars or unique mini-sequences within a sequence such as "Dancing Warrior 1008"
- 4) Unique Approach - e.g. “ Prana Flow Wave Sequencing
- 5) Titles for classes, courses, workshops, retreats, unique teacher trainings should be respected and credited by name for all teachers or systems - e.g. in Prana Flow Embodying the Flow, Fluid Power, Chakra Vinyasa, Rasa Vinyasa or any other titles from other systems;
- 6) Structure of Teacher Training - e.g. the five elemental namaskar and solar-lunar sequences of each module)
- 7) Unique Writing (copy) from the web, manuals, book. University standards for plagiarism is defined as: presenting the words, the work, or the opinions of someone else as one's own, without proper acknowledgment.  
For Example, using a teacher training or workshop description that has been used for an event with Shiva, may not be copied for your own use.

## Prana Flow Code of Respect: Practice Guidelines for Classes, Workshops, and Affiliate Teacher Training (Part 2 of 4)

In Prana Flow, you are given permission to teach what you learn in teacher training as you have been given feedback on your embodiment and teaching. For workshops after you are certified, please see the below. For Teacher Trainers and those who have joined our program and already have a teacher training and want to incorporate Prana Flow into your teacher trainings, please see below and email us for the special guidelines and process for Teacher Trainings.

### **Classes**

When expressing Prana Flow/Prana Vinyasa in public settings (i.e. classes, festivals, websites, social media), please introduce your class as a Prana Flow class, and specific Prana Flow movements as such (ie. Prana Flow Dancing Warrior).

We request you focus on the progression sequences as you have received them in teacher training.

Please teach the progression of the practice from classical, foundation, elemental and then chakra vinyasa.

### **Workshops**

From now until 2016, we are asking that the advanced practices-sequences (chakra, mandala, rasa, etc) are not taught in workshop form, unless you are a Prana Flow Teacher Trainer. These advanced practices are to be transmitted by Shiva. Once you are certified at the 500 level, you are certified to share the foundation or elemental namaskars sequences in a workshop setting in an elemental format. If you would like to teach Chakra basics, you may include chakra awareness within the foundation and elemental sequences that you have permission to teach. Going forward, Prana Flow Mandalas and mandala sequencing is not to be taught in a workshop level.

### **Online Classes**

If you are invited to have an online class filmed, you must be a Prana Flow certified teacher. With your teacher certification you have permission to film the foundation sequences. Anything beyond that requires permission directly from Shiva.

### **Online Material from Pathways of Flow**

The sadhana offerings of Samudra Online are a unique part of the Prana Flow movement alchemy system. Enjoy these practices from our heart, reserving them for your personal practice only and not to be taught until you receive the direct transmission of each namaskar-sequence during our Prana Flow Teacher Training.

### **Teacher Training**

Prana Flow/Prana Vinyasa teacher trainers receive special guidelines. Many teachers who have been teaching for some years and are already engaged in a Teacher Training in their studios enter our trainings and become excited to incorporate Prana Flow Wave Sequencing, Energetic Alignment-Three-Part Vinyasa, Namaskars etc into the training. We now have specific guidelines that will be available August 1st that will be clearly stated for the future so please email us if you fall into this category.

## Prana Flow Code of Respect: Ethics Guidelines (Part 3 of 4)

We honor the guidelines for integrity and respect that are shared in the world's spiritual traditions and in yoga as the yamas and niyamas life principles of cultivating life-energy and respect.

These yamas (living principles) that guide us in the basics of respecting life and each other are:

- \* Ahimsa – Caring for Life; Non-harming
- \* Asteya – Respect for the Source, Non-appropriation
- \* Satya – Honoring the truth, integrity in speech and action
- \* Brahmacharya – Honoring sexual energy
- \* Aparigraha – Healthy boundaries, Honoring process, Non-grasping and non-greediness

The niyamas (internal principles) guide us in honoring and caring for our life energy and the Source

- \* Saucha – Respect and caring for inner and outer sacred space usually translated as “cleanliness”
- \* Santosha – Inner contentment that brings peace to the heart in the process of unfolding with natural rhythms
- \* Tapas – Inner and outer firekeeping, unwavering devotion, staying with a transformative process till complete, steadiness of awareness
- \* Svadyaya – connection and observation of the “sva” essence of the self, reflection and study of sacred texts
- \* Isvara-pranidana – offering (pranidana) everything, thoughts, speech, action in every aspects of life to your experience of the Source (isvara)

We feel within our own heart the connection, inner intelligence, and personal integrity that arise naturally from respect of personal and collective embodiment within and in our life.

## Prana Flow Graduates, Apprentice-Assistants and Teacher Trainers: Statement of Understanding-Agreement (Part 4 of 4)

We honor you as a teacher, your evolution, and many forms of study. In order to create more unity, and greater embodiment and respect, here are the guidelines for being listed on our directory, being part of our Apprentice-Assistant program and for being a Prana Flow teacher trainer.

These are the three pillars of embodying Prana Flow:

- 1) Embodiment in form, heart, speech and actions - reflect the embodiment of Prana Flow practice first krama of all peak asanas that you teach (unless a life-circumstance or injury); uphold the yamas and niyamas in prana flow code of respect
- 2) Participation - experience or assisting a minimum of one weekend (for parents) or a 5-10 day training a year, connecting by conference call, staying connected through monthly calls and Facebook. For Apprentice-Assistants and Teacher Trainers, you are gifted a year-long membership to Samudra Online for our "Living in Rhythm" bi-monthly meditations for the year.
- 3) Respect Honor Prana Flow Code of Respect for all students and teachers.

## How to Describe a Prana Flow® or Prana Vinyasa™ Class

Thank you in advance for the way you embody, honor and transmit what you have learned in our Prana Flow Evolutionary Teacher Training.

### **When referencing, you can choose from:**

Prana Vinyasa™  
Prana Flow®  
Prana Flow® Vinyasa  
Prana Flow® Energetic Vinyasa on schedules and classes

They are all synonymous. For example when I was an Asthanga, one could call the practice Ashtanga or Ashtanga Vinyasa. You are learning from a program that uses those titles to describe a system of embodied knowledge that has been cultivated over 20 years. This 40 Namaskar - 64 Sequence System is the basis of what you are being transmitted as the unique core of Prana Vinyasa-Prana Flow. Please do not use these names or the names of workshops or teacher trainings for any of your classes.\*\*\*elaborate here

### **More Clarification regarding titles and names:**

For the next few years, the below is only to be used by Shiva and the Samudra School to represent a workshop, teacher training, or retreat as it represents an overarching title and systems that need to be stabilized before they are used for other titles. Shiva will be developing workshop immersions for teachers to offer



with those names in title as well.

Please do NOT use:

\* Prana Flow Evolutionary Vinyasa™ or just Evolutionary Vinyasa™ - *This is the name of our overall teacher training "Evolutionary Vinyasa 200-500 Hr"*

\* Prana Flow Movement Alchemy™ or just Movement Alchemy - *This is the name of our system of 40 Namaskars - 64 Sequence Movement Alchemy system*

\* Pathways of Prana Flow - *This is the collection of the 64 sequences and the mandala of 40 namaskars in a grouping of 8 Levels which represent the progression of practice from universal (for everyone), foundation, elemental, chakra, rasa, primal, mythic, bhakti, sahaja levels of embodiment that are integrated into a year-long seasonal rhythm of living yoga.*

\* Pranification - *This describes a more exploratory learning setting for Prana Flow Teacher trainings on retreat on in Venice.*

\* Sva Dharma Project - Movers and Shakers - Yoga Energy Activism-Global Mala Project - *This is our seva program outlets for all of the student-teachers in our programs and beyond.*

### **When can I use the names "Prana Flow® or "Prana Vinyasa™?**

If you are in training for the 200 hour, have started teaching before certification and want to use Prana Flow in your classes, please contact us on a case by case basis.

If you are in our 500 hour teacher training program and already are teaching with a 200 hr. certificate from another program and want to use Prana Flow in your classes, please contact us on a case by case basis.

If you are a Prana Flow certified graduate of 200 or 500 hours, YEAH you did it. Please feel our full-empowerment for you to teach Prana Vinyasa and begin by being listed in our directory and by using any of the above names (what suits you and your studio schedule) to describe your class OR

**CLEARLY IDENTIFY PRANA FLOW MUDRA VINYASAS, OPENING MEDITATIONS, PRANA FLOW NAMASKARS, UNIQUE ASANAS, PRANA FLOW THREE PART VINYASA, PRANA FLOW SEQUENCES IN YOUR CLASSES.** - see Prana Flow Unique elements-names list.

For workshops and teacher training - (see above Part Two)



### **How to describe a Prana Flow Practice:**

Prana Vinyasa is a full-spectrum \*\*\*\*\*  
as a synthesis form of yoga with roots in Krishnamacharya's vinyasa, tantra,  
ayurveda, bhakti and the arts.

When to use in a workshop

**After reading, please reply to this email as acceptance and agreement to this Code. If you have any questions or feedback, please include in your reply.**

**Thank you for helping build positive community and model what a synthesis, inclusive evolving community can be!**