

# Nubia Teixeira - The Art of Breathing Into Balance With Pranayama, Mudras & Mantras 2022

In this illuminating 5-part course, you'll discover:

- Pranayama **practices to use in your daily life**, according to your daily needs
- **Purification practices** to open each session
- Rituals to **present an offering to one of the 5 elements** (earth, water, fire, air, and ether) and invoke its special power
- How your breath can be your prayer
- How to let your emotions, feelings, and memories rise to the surface — and how to **offer them into the stream of the oceanic universal consciousness**
- Practical ways to prioritize your spiritual mission in this lifetime
- How to follow the light of your North Star to remember your inherent inner wisdom and most significant memories
- How you can **turn your gaze upward and inward** and begin to co-create your reality

## What You'll Discover in These 5 Modules

In this 5-step transformational intensive, Nubia will guide you through the fundamental breathwork, mudra, and mantra skills you'll need to create harmony in your body, mind, and spirit — as you connect with the five elements of the universe.

This course will feature teachings, training sessions, Q&A, and experiential practices with Nubia. Each session will build harmoniously upon the previous ones, so you'll develop a complete holistic understanding of pranayama, mudra, and mantra practices to cultivate strength and create harmony in your body, mind, and spirit.

## Module 1: Earth — Honoring Your Physical Body & Establishing a Firm Ground for Your Practice



In this opening session, Nubia will guide you to enter *the mandala of your incarnation* by honoring your physical body as your lifetime companion. You'll spend a moment conversing with your body and blessing it with your loving awareness.

You'll identify the places in your body where you don't feel the presence of prana, or vital energy, as you learn to simply observe the natural flow of your breath.

Without trying to change anything, just by witnessing what is, you'll then adventure into some of the most simple and effective breathing techniques — to establish a firm and fertile foundation upon which to build your pranayama practice.

With the **physical body as the *bindu* (focal point)**, you'll discover:

- **Body scanning** and prana channeling
- **Sahaja** (spontaneous breath) and **Prana Kriya** (yogic breath)
- **Mula Bandha**, the root activator/lock
- **Full-Cycle Pranayama**, the 4 phases of the breath
- **Abhaya Mudra**, or fear-not gesture
- **Chatura Mudra**, with a meditation on firmness
- The **earth element** and Muladhara chakra awareness

## **Module 2: Water — Honoring Your Energetic Body & Clearing Your Emotional Inner Rivers**



Traveling through the inner rivers of your landscape, you'll invite the healing waters to flow more freely — and conduct *pranic liquid light* toward the great ocean of your heart.

Modern scientists view prana as a type of energy that moves like water. The ancient *rishis*, or seers of India, taught that our prana *moves with the command of our minds* — and can flow through the *nadis*, or inner rivers, of our bodies to awaken our latent powers.

In this module, Nubia will invite you to let your emotions, feelings, and memories rise to the surface — and **offer them into the stream of the oceanic universal consciousness** as an act of surrender and devotion.

With this invitation to let the waters flow, you'll explore:

- **Prachala**, the churning of torso
- **Varuni**, breath and movement ritual
- **Simhasana**, or lion's breath
- **Sitali and Sitkari**, cooling pranayamas
- **Jihva Bandha**, or tongue activator
- The **Pendulum** cleansing gesture and the **Pushaputa** offering gesture
- The Annapurna gesture, with a **meditation on nourishment**
- The **water element** and Swadhisthana chakra awareness

### **Module 3: Fire — Honoring Your Mental Body, Purifying Your Thoughts & Sharpening Your Vision**



In this session you'll rekindle, refocus, and prioritize your spiritual mission in this lifetime.

With an unyielding ground and fresh energy, you'll arrive at the midpoint of your journey to stoke the inner fire of inspiration — and open your inner sight to revelation and spiritual orientation.

Nubia will share the pranayama techniques you'll need to awaken the fire of transformation in your navel area.

As the fire moves up to the heart and eyes like light, it burns impurities that might be blocking you from seeing your true nature — and from seeing **the steps you need to take to fulfill your life's dharma**.

As you'll discover, now is the time to focus on how you can move towards your soul's path.

With the awakening of the inner fire, you'll explore:

- **Trataka**, purification of the eyes
- **Drishtis**, focal points to activate Shakti energy
- **Bhastrika** (bellows breath) and **Kapalabhati** (skull-shining breath)
- **Agnisara Dhauti**, abdominal fire activation
- **Trikona**, fire-awakening gesture
- **Varada gesture** with a **meditation on generosity**
- The **fire element** and Manipura chakra awareness

## **Module 4: Air — Honoring Your Wisdom Body, Expanding Your Breath & Attuning to Your Spiritual Heart**



During this class, as you explore **the element of air (heart chakra awareness)**, the journey back home begins.

The North Star of your spiritual heart is shining brighter now. At this point in your journey, you'll have done deep inner work to arrive here at the place of all beginnings (and endings) in the center of your chest.

By following the light of your North Star, you'll remember your inherent inner wisdom and the greatest memories of your soul-being — the one that brought you here, to incarnate, live, and share your truth.

When working with the heart center, you're working with the air element — and with the invisible, the sense of touch, and the opening to divine grace.

The place is here, the moment is now, **the destination is eternity, and the reality is love.**

With the gift of homecoming so you can open your heart, you'll learn:

- How to tap **the power of your thymus**
- A **heart-opening** pranayama
- **Jalandhara Bandha** (chin lock) with **Uddiyana Bandha** (abdominal lock) and **Mula Bandha** (root lock)
- **Buddha Maitreya Mantra**
- **Hridaya Mudra** (heart gesture) with a **meditation on love**

**Module 5: Ether — Honoring Your Divine Body, Communing With Light & Vibrating With Your Soul**



The yantra, or **sacred symbol, for the element of ether** is a circle, black like the night sky.

In this final module, you'll discover how the element of **ether (Vishuddhi chakra awareness)** provides space for all the other elements to manifest...

After this cycle of manifestation is complete, the four elements return back to the original ethereal Source.

This process reflects your trajectory as a soul — as a spiritual being in your physical body. It demonstrates the journey of separating from the Universal Soul, the longing to reunite, and the deep understanding that there's more to our lives that we can see or comprehend.

Nubia will walk you through the *mirror of the sky*, explaining how you can turn your gaze upward and inward and begin to co-create your reality.

In this module, you'll learn:

- **Bhramari Pranayama** (bee breath) and **Ujjayi Pranayama** (victorious breath)
- **Karana Mudra**, or evil-dispelling gesture with Heart Sutra Prayer
- **Dhyana Mudra**, the meditation gesture with Soham Breath
- **Padma Mudra**, a lotus gesture, with Meditation of the Great Accomplishment
- A **chakra purification** practice

## What People Are Saying About Nubia Teixeira...

— **Gabriela Masala**: *"I Have Been Able to Come Home to Myself in a Deeper Way"*

— **Jai Uttal**: *"Nubia Is One of the Deepest, Most Spiritual, Most Knowledgeable Yoga Teachers I Have Ever Met"*

**"Nubia is our guide on a beautiful journey into this ancient wisdom."**

Just as we use our voices to chant the sacred name, so we can use our hands to deepen our meditation in the form of these sacred mudras. Nubia is our guide on a beautiful journey into this ancient wisdom. She shares with grace, wisdom, knowledge, and passion — such a blessing!

— **Deva Premal**, *musician and meditative mantra muse*

**“Nubia is an other-worldly *apsara* who has taken birth amongst us mortals...”**

The hands are extensions of the heart, reflecting what is in your heart. Mudras tell stories with hands. Nubia’s hands express the celestial stories and songs of her innermost heart — the eternal abode of divine love where God and the soul dance in ecstatic delight. Nubia is an other-worldly *apsara* who has taken birth amongst us mortals — to show us the keys to the heart of heaven and how to open the secret door.

— **Sharon Gannon**, *founder of Jivamukti Yoga*

**“Nubia transforms a simple space into a temple...”**

Nubia Teixeira imbues her movements with beauty, devotion, and grace in her Bhakti-Nova style Odissi dance. Nubia transforms a simple space into a temple, and brings her students with her on a journey into the joy and love of this ancient dance. Her unique, accessible approach makes learning Odissi possible and the experience rich in connection and meaning.

— **Lynn Wallace**, *author of Dance Me Home, A Moving Journey*

**“She is a gifted teacher whose authenticity and joy light up the way...”**

Nubia’s classes are a piece of art interweaving her vast knowledge and mastery of asana, mudras, mantras, and pranayama into an hour-long journey of heartfelt flow and song. She is a gifted teacher whose authenticity and joy light up the way as she guides her students with her gift of song, hands-on adjustments, and her playful and devotional approach to her teachings. I am proud to call her my teacher and mentor.

— **Naia Maro**, *artist and yoga teacher*

## About Nubia Teixeira



**Nubia Teixeira**, an author, yogini, teacher trainer, and Odissi dancer, has devoted herself to teaching different aspects of yoga for almost 30 years. With her view of yoga as a healing art, her refinement and unique style overflows with sacred meaning and heartfelt inspiration. Nubia is the author of the instructional CD *Pranayama: May Breath Be Our Prayer* and the book *Yoga and the Art of Mudras*. She leads workshops, teacher trainings, and retreats locally and around the world.