



7-DAY INTENSIVE WORKSHOP PRANA TO PRAJNA

The Art & Science of Pranayama, Trataka & Preksha
Meditation



Organized by Bharat Adhyayan Kendra, Banaras Hindu University

- Venue: Bharat Adhyayan Kendra, 4th Floor, Yoga Hall
- Dates: June 06 – June 13, 2026
- Time: 02:00 PM – 04:00 PM
- Mode: Online & Offline

Contact Information

Workshop Coordinator: Dr. Geeta Y. Bhatt

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Google Form link: <https://forms.gle/wGJbD27SUFArKS8R8>

ABOUT THE WORKSHOP

In today's fast-paced world, the human mind is constantly over stimulated, fragmented, and emotionally fatigued. Ancient Indian contemplative traditions provide powerful tools for restoring balance, clarity, and inner awareness.

This intensive 7-day experiential workshop presents a systematic journey from Prāṇa (vital energy) to Prajñā (higher wisdom) through the integrated practices of:

- ✚ Kapalabhati
- ✚ Classical Pranayama
- ✚ Trataka
- ✚ Preksha Meditation

The workshop combines traditional yogic wisdom with scientific understanding to help participants cultivate mental clarity, emotional stability, conscious breathing, and meditative awareness.

Beginning with Kapalabhati as a preparatory cleansing process, participants will gradually enter deeper dimensions of breath regulation, concentration, psychic awareness, and meditative introspection through structured Preksha practices.

Specialized meditative modules such as:

- Sharira Preksha
- Jyoti Kendra Preksha
- Chaitanya Kendra Preksha
- Leshya Dhyana
- Anupreksha

will guide practitioners toward self-observation, emotional purification, and expansion of consciousness.

OBJECTIVES OF THE WORKSHOP

Awakening Inner Awareness through Breath & Meditation

The workshop is designed to provide both theoretical understanding and practical training in yogic consciousness practices.

Key Objectives

- ✦ To understand the scientific and traditional foundations of Pranayama, Trataka, and Preksha Meditation.
 - ✦ To purify the body and mind through Kapalabhati and conscious breathing practices.
 - ✦ To develop concentration, emotional balance, and inner stability.
 - ✦ To cultivate mindfulness and self-observation in daily life.
 - ✦ To awaken awareness of subtle energy systems and psychic centers.
 - ✦ To reduce stress, anxiety, restlessness, and mental fatigue.
 - ✦ To promote positive thinking and spiritual discipline.
 - ✦ To provide practical meditative tools for modern lifestyle integration.
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WHY JOIN THIS WORKSHOP?

A Transformative Journey from Restlessness to Inner Stillness

This workshop offers a rare opportunity to experience authentic yogic practices in a structured, scientific, and experiential manner.

Participants Will Gain

- ✚ Deep relaxation and mental rejuvenation
 - ✚ Enhanced breathing efficiency and nervous system balance
 - ✚ Improved concentration and emotional resilience
 - ✚ Practical meditation techniques for daily life
 - ✚ Greater self-awareness and inner confidence
 - ✚ Understanding of yogic consciousness practices
 - ✚ Guided experiential learning with experts
 - ✚ Certificate of Participation
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UNIQUE FEATURES OF THE WORKSHOP

- Integrated training in Pranayama, Trataka & Preksha Meditation
 - Step-by-step experiential learning methodology
 - Scientific and classical yogic perspectives combined
 - Suitable for beginners and experienced practitioners
 - Hybrid participation mode (Online & Offline)
 - Guided contemplative and meditative sessions
 - Structured progression from purification to inner awareness
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WHO CAN PARTICIPATE?

This workshop is open to all individuals interested in physical, mental, emotional, and spiritual well-being.

Eligible Participants

- Undergraduate & Postgraduate Students
- Research Scholars & Academicians
- Yoga Practitioners & Meditation Enthusiasts
- Teachers & Counselors
- Healthcare & Wellness Professionals

- Working Professionals facing stress and burnout
- Individuals interested in self-development
- International & NRI Participants interested in Indian contemplative traditions

No Prior Experience Required

Both beginners and experienced practitioners are warmly welcome.

DAILY CURRICULUM FLOW

Time: 02:00 PM – 04:00 PM

Day 1 – Foundation of Breath & Physical Purification

June 06, 2026

- Classical Kapalabhati
 - Sectional Breathing (Vibhagha Pranayama)
 - Sharira Preksha & Kayotsarga
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Day 2 – Balancing Energy & Awakening Clarity

June 08, 2026

- Rhythmic Kapalabhati
 - Nadi Shodhana Pranayama
 - Jyoti Kendra Preksha
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Day 3 – Resonance, Cooling & Psychic Mapping

June 09, 2026

- Refined Kapalabhati
 - Bhramari, Sitali & Sitkari
 - Chaitanya Kendra Preksha
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Day 4 – Visual Centering & Astral Purification

June 10, 2026

- Abhyantara Kumbhaka
 - Introduction to Trataka
 - Leshya Dhyana
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Day 5 – Deepening Focus & Experiential Integration

June 11, 2026

- Ujjayi & Bhastrika
- Advanced Trataka
- Dharana-based Integration Practices

Day 6 – Subconscious Reprogramming & Contemplation

June 12, 2026

- Dynamic Kapalabhati & Pranic Locks
- Anupreksha Meditation
- Sanskara Transformation Practices

Day 7 – Grand Integration / Unified Sadhana

June 13, 2026

- Integrated Yogic Practice Sequence
- Unified Preksha Meditation
- Participant Reflections & Certificate Distribution

DISTINCT HIGHLIGHTS OF THE CURRICULUM

- The Preparatory Launch: Learn how Kapalabhati removes physical and mental sluggishness, preparing the body for meditation.
- The Trataka Bridge: Understand how gaze stabilization helps quiet mental fluctuations and deepen meditative absorption.
- Emotional Alchemy through Preksha: Experience how Leshya Dhyana and Anupreksha help transform subconscious emotional patterns and cultivate positivity.

IMPORTANT INSTRUCTIONS FOR PARTICIPANTS

1. Maintain an empty stomach (minimum 3 hours after meals).
2. Wear loose, comfortable, light-colored cotton clothing.
3. Bring a personal yoga mat and meditation cushion.
4. Avoid contact lenses during Trataka sessions.
5. Maintain silence and punctuality during sessions.

REGISTRATION & PARTICIPATION FEES

Category	Fee(INR)
Regular Students (UG/PG)	₹300/-

Category	Fee(INR)
PG Medical Students (MD)	₹500/-
Researchers / Teachers / Professionals	₹500/-
Foreign & NRI Participants	₹500/-

BANK DETAILS FOR REGISTRATION

Account Name: Coordinator Bharat Adhyayan Kendra, BHU

Account Number: 37976079331

Bank: SBI, BHU Branch

IFSC Code: SBIN0000211

REGISTRATION DEADLINE

- Last Date for Registration: June 02, 2026
- Seats are limited. Early registration is encouraged.

CERTIFICATION

All registered participants who successfully attend the workshop sessions will receive a Certificate of Participation issued by Bharat Adhyayan Kendra.

EXPERIENCE THE JOURNEY

From Breath to Awareness

From Energy to Wisdom

From Prāṇa to Prajñā

“Meditation is not escape — it is awakening.”


(Dr. Geeta Y. Bhatt)
Centenary Visiting Fellows
Bharat Adhyayan Kendra


(Prof. Shardinadu Kr. Tiwari)
Coordinator
Bharat Adhyayan Kendra