

THE BREATH IMMERSION

HISTORY • SCIENCE • PHILOSOPHY • PRACTICE

A five-day intensive with Mark Stephens

14 - 18 OCTOBER, 2026

Amsterdam • Yagoy de Pijp

Mark Stephens is an internationally acclaimed yoga teacher, educator, and author of several bestselling yoga textbooks, including *Teaching Yoga*, *Yoga Sequencing*, *Yoga Therapy*, and, most recently, *Breathing: The Art and Science of Pranayama* (2026).

With over three decades of teaching experience, he is known for blending deep practice, modern science, and yoga's philosophical roots to support teachers and students in cultivating intelligent, compassionate, and transformative practice.

Learn more at [markstephensyoga.com](https://www.markstephensyoga.com)



Discover the remarkable power and potential of the breath through five days of lectures, discussion, movement, pranayama, meditation, and self-inquiry.

Drawing from both ancient wisdom and modern science, this immersion explores the history, philosophy, physiology, and practice of breathing, offering a comprehensive understanding of how breath influences health, resilience, attention, meditation, and human flourishing.

Suitable for teachers, dedicated practitioners, therapists, and curious students alike.



LECTURES

- Why breath matters
- Three thousand years of breath
- Breathing and the nervous system
- Breath, mind, and consciousness
- Pranayama in contemporary life



PRACTICES

- Simply breathing
- Moving with the breath
- Breath, attention, and presence
- Prāṇa in Practice
- The breath as a lifelong practice



WORKSHOPS

- The psychology of breathing
- Prāṇa through the ages
- The power of slow breathing
- The subtle body and the breath
- Teaching pranayama safely and effectively

Participants completing the immersion will receive a **30-hour Teaching Pranayama Continuing Education Certificate**, with all instructional hours eligible for CEU credit.



SCHEDULE

Evening 19:00 sessions are optional.

| Wednesday 14 Oct | Thursday 15 Oct | Friday 16 Oct | Saturday 17 Oct | Sunday 18 Oct |
|------------------------------------------------------------------------------------|----------------------------------------------------|------------------------------------------------------------|----------------------------------------------------------|--------------------------------------------------------------------------------------------------------------|
| The Breath as Foundation | Breath Across History | Breath and Mind | Breath and Consciousness | Living and Teaching the Breath |
| 9:00 - 10:30 Opening Practice Simply Breathing: Awareness Begins Here | Morning Practice Moving with the Breath | Morning Practice Breath, Attention, and Presence | Morning Practice Subtle Dimensions of Practice | 9:00 - 10:30 Integrated Practice The Breath as Lifelong Practice |
| 10:45 - 12:15 Lecture Why Breath Matters | Lecture Three Thousand Years of Breath | Lecture Breathing and the Nervous System | Lecture Breath, Mind, and Consciousness | 10:45 - 12:15 Lecture Pranayama in Contemporary Life |
| 12:15 - 14:00 Lunch Break | Lunch Break | Lunch Break | Lunch Break | 12:15 - 13:15 Lunch Break |
| 14:00 - 15:45 Workshop The Physiology of Breathing | Workshop Prāṇa Through the Ages | Workshop The Power of Slow Breathing | Workshop The Subtle Body and the Breath | 13:15 - 14:30 Designing a Personal Breath Practice & Teaching Pranayama Safely and Effectively |
| 16:00 - 17:30 Practice Foundations of Pranayama | Practice Classical Pranayama Techniques | Practice Pranayama for Meditation | Practice Kumbhaka: The Art of Pause | 14:45 - 16:00 Closing Session |
| 19:00 - 20:00 Evening Meditation Simply Breathing | Discussion Circle Questions from History | Meditation Breath and Stillness | Dialogue Breath, Belief, and Evidence | |

PRICING

FIVE-DAY IMMERSION

€695

- Includes all sessions
- Receive a 30-hour Teaching Pranayama Continuing Education Certificate

THREE-DAY IMMERSION

€495

- Includes all sessions Friday through Sunday
- Limited spots available

WEEKEND IMMERSION

€325

- Includes all sessions on Saturday and Sunday
- Limited spots available

MORNING PRACTICES

€145

- Includes all 9:00 practices
- Single morning practice €35



REGISTER

Sign up under the Workshops de Pijp tab on the Yagoy app or at Yagoy.nl



For questions
email trainings@yagoy.nl



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