



Noble Retreat

Sat, 5/8/2021, 8am-6pm

Day 20 of 21 of the Highest Self Development / 200 Hour Teacher Training

Pre-requisites: 14 Previous Sessions Location: Acorns Resort, Milford, KS

Train your mind to free your spirit.

We will now have a chance to observe the subtle (& equally as magnificent) aspect of everything that is life.

"By removing the layers of imperfection, there comes the experience of the infinite, along with the realization that knowledge is infinite".

Sutras 4.31



A day of yoga, mindfulness, meditation & culmination of the 8 limbs of yoga, Samadhi - truth, consciousness & bliss of profound connection.

(Teaching Methodology - 2 hours)

(Techniques & Practice - 4 hours)

(Yoga Humanities - 2 hours)

(Electives - 2 hours)

Full enrollment - 21 days including 2 overnight retreats with lodging and meals = \$1800 (<\$90 each)

OR \$120 for this enrollment only with unlimited pass;

or \$160 for this enrollment only without unlimited pass.