



# Purpose & Consequence

## Sun, 9/20, 10am-6pm



Day 3 of 21 of the Highest Self Development / 200 Hour Teacher Training

Pre-requisites: None      Location: Studio (also available via Live Zoom\*)

There is always more grace available. You have the key to unlock it.

Science & history show up in the energetic association of actions & purpose; yet most people struggle daily with knowing "what next"?



Explore Dharma (purpose) and the means to attain it. Workshop and discussion to help uncover why we are here now, which provides the map for where we arrive next.

(Yoga Humanities -3 hours;  
Teaching Methodology 2 hours)



Truth or  
Consequences  
1 MILE

Move through, analyze & peel back Standing poses to reveal unlimited grace within.

(Practice Techniques & Teaching Methodology -1 hour)

Balance and reset the brain with alternate nostril breaths and meditation.

(Practice Techniques -1 hour)

Continue discussion & self-study of the Sutras & Niyamas.

(Yoga Humanities -1 hour)

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.