



Sanskrit, Your Story & Clarity

Sun, 10/25, 10am-6pm



Day 7 of 21 of the Highest Self Development / 200 Hour Teacher Training

Pre-requisites: 1 previous session or current 200 hour RYT. Location: Studio (also available via Live Zoom*)

What you are seeking is seeking you. Be clear in your thoughts, words and actions.

Simplify back stories into concise statements to reveal their power. Clarify your truth & what seeks you changes.

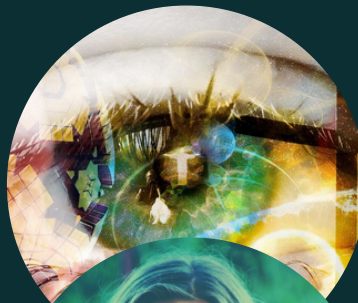
(Yoga Humanities -1.5 hours)

Build joints to debunk one of the body's mysteries & learn associations to repetitive asanas or transitions.

(Anatomy - 2 hours)

Discover the beautiful language of Sanskrit.

(Yoga Humanities -1 hours)



Move through, analyze & peel back more Balancing poses to elevate your focus.

(Practice Techniques & Teaching Methodology - 2 hours)

Relieve face & throat tension with Sitali & Lion's Breath.

(Practice Techniques -.5 hours)

Continue discussion & self-study of the Niyamas.

(Yoga Humanities -.5 hours)

Vibrate with Kirtan to connect to past, present & future.

(Practice Techniques -.5 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.