



# Giving & Space for Growth

## Sat, 12/5, 10am-6pm



Day 10 of 21 of the Highest Self Development / 200 Hour Teacher Training  
Pre-requisites: 1 Previous Session or current RYT Location: Studio (also available via Live Zoom\*)

Mastering thought and action frees energy and consciousness for true intentions.

Space is freedom to go where  
self-discovery flourishes.

Selfless giving (Seva) supports  
an individual's spiritual growth  
while assisting others.

Explore healthy boundaries,  
examine unintended  
consequences & navigate the  
balance of space & seva to  
harmony.

(Teaching Methodology - 3 hours)  
(Practice Techniques - 1 hour)  
(Yoga Humanities - .5 hours)



Move through, analyze &  
explore Backbends to  
discover the harmony within.

(Practice Techniques - 1 hour)  
(Teaching Methodology - 1 hour)

Balance sun & moon with  
Channel Clearing breath  
(Practice Techniques - .5 hours)

Pratyahara - Mastering the  
external to objectively  
observe & be open to right  
perceptions.

(Practice Techniques - .5 hours)  
(Yoga Humanities - .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.