

# Foundations & History of Yoga

## Sat, 8/29, 10am-6pm

Day 1 of 21 of the Highest Self Development / 200 Hour Teacher Training  
Pre-requisites: None      Location: Studio (also available via Live Zoom\*)

Yoga is the cessation of the fluctuations of the mind. - Yoga Sutras 1.2

Take the path of gurus & sages as they seek the answers to living a meaningful life on this interactive journey through 2000+ years of yoga.  
(Yoga Humanities - 3.5 hours)

Dive into, discuss and self-study the 1st chapter of the Sutras and 1st limb of yoga.  
(Yoga Humanities - 2.5 hours)



Move through, analyze and peel back poses of the Sun Salutations to understand the expansiveness within.  
(Practice Techniques - 1 hour)

Tap into your inner resource with equal count breath - Sama Vritti Ujjayi.  
(Practice Techniques - .5 hours)

Observation - what do you see, hear and feel?  
(Teaching Methodology - .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.