



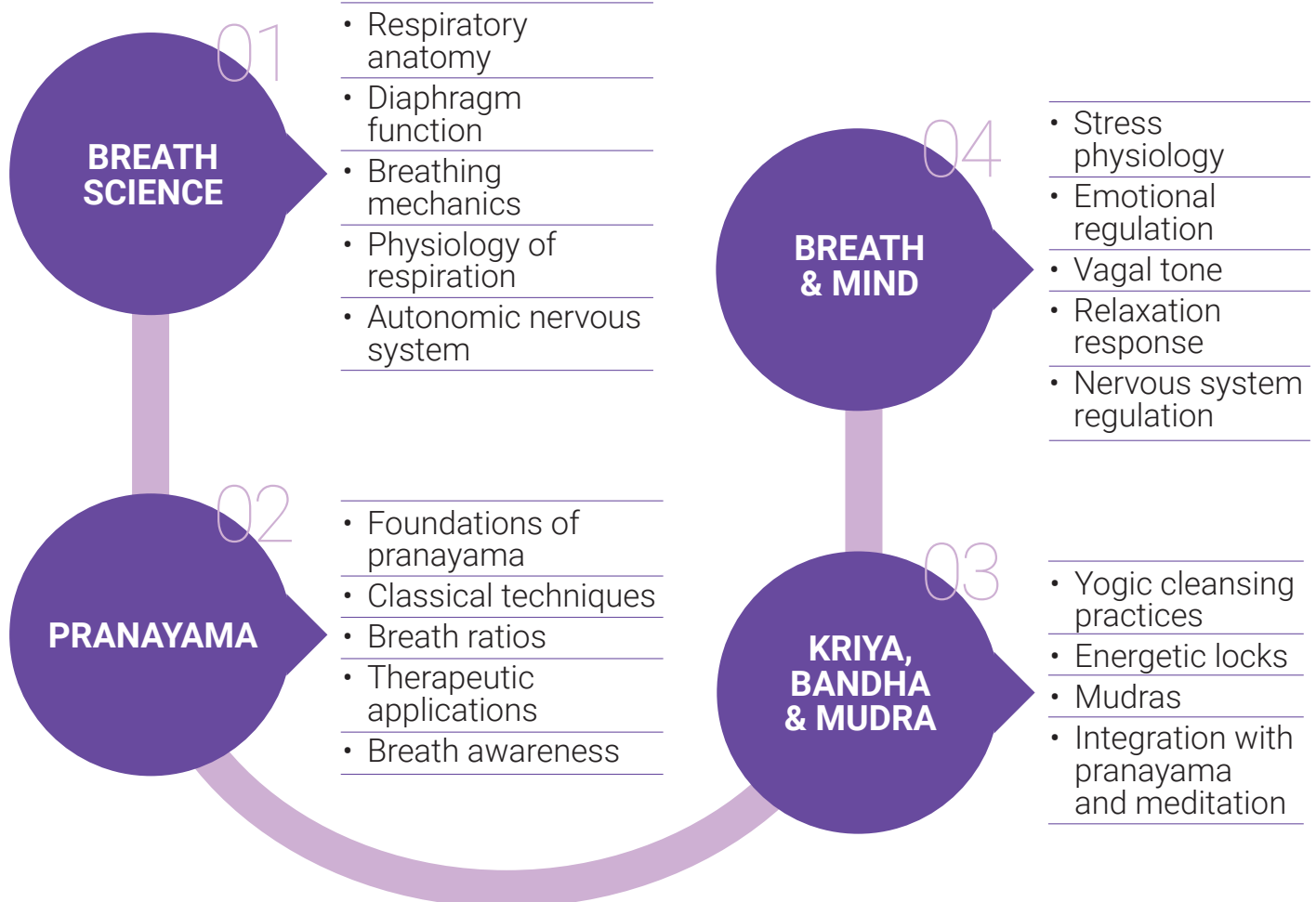
The Breath and Yoga

Pranayama • Kriya • Bandha • Mudra

24 & 25 APR 2027

8:00AM - 4:00PM

CATEGORY & CURRICULUM



Notes

- Certification of Completion will be given for each program (optional).
- The Professional Yoga Teaching Practicum is the capstone module for participants pursuing the US Yoga Alliance-recognized 300-hour Advanced Yoga Teacher Training certification

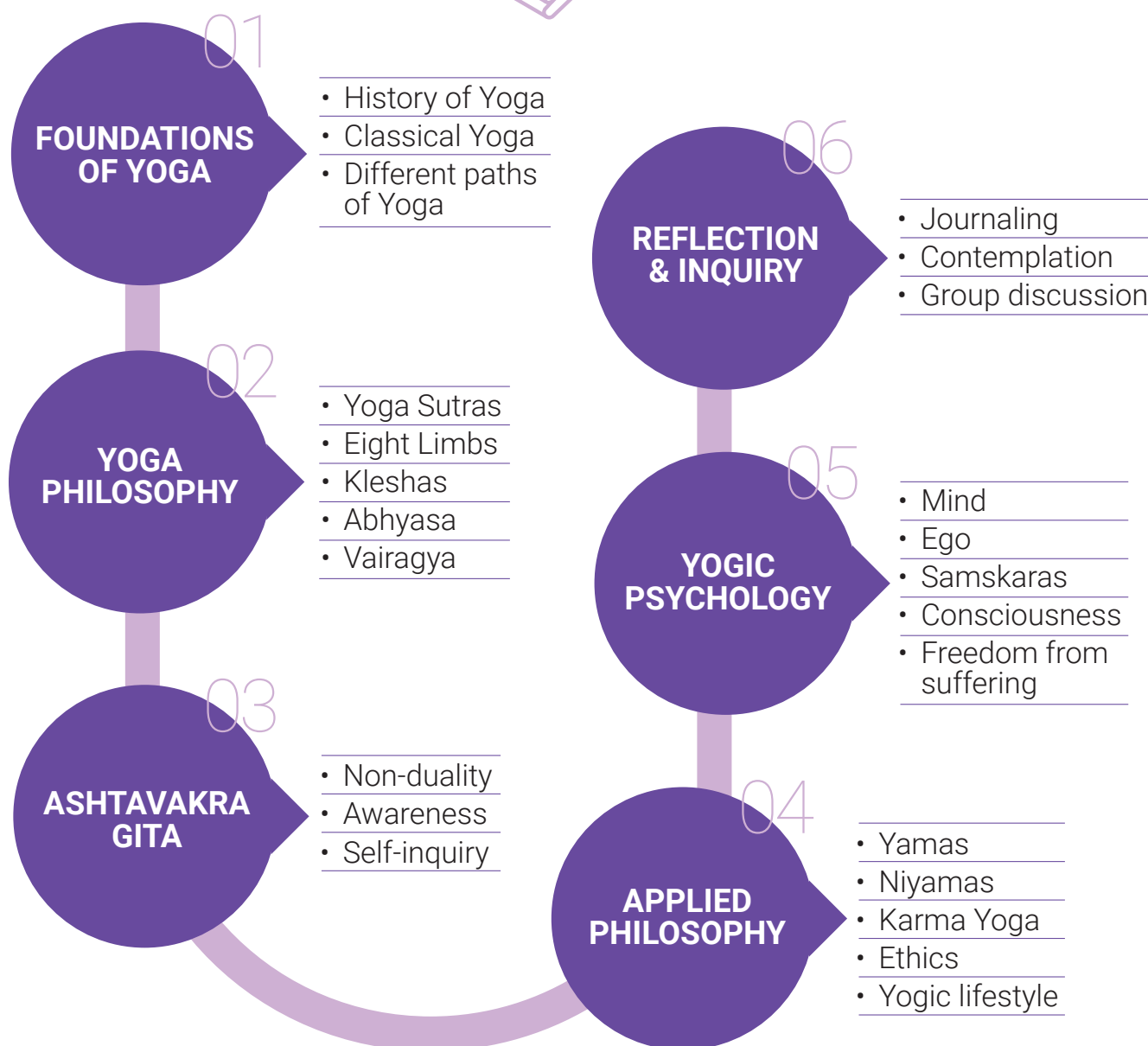


Living Yoga

Wisdom from the Yoga Sutras & Ashtavakra Gita

26 APRIL - 30 MAY 2027
(except MAY 17 & 20)
- Weekday Evenings
- 23 days
7:00PM - 9:00PM

CATEGORY & CURRICULUM



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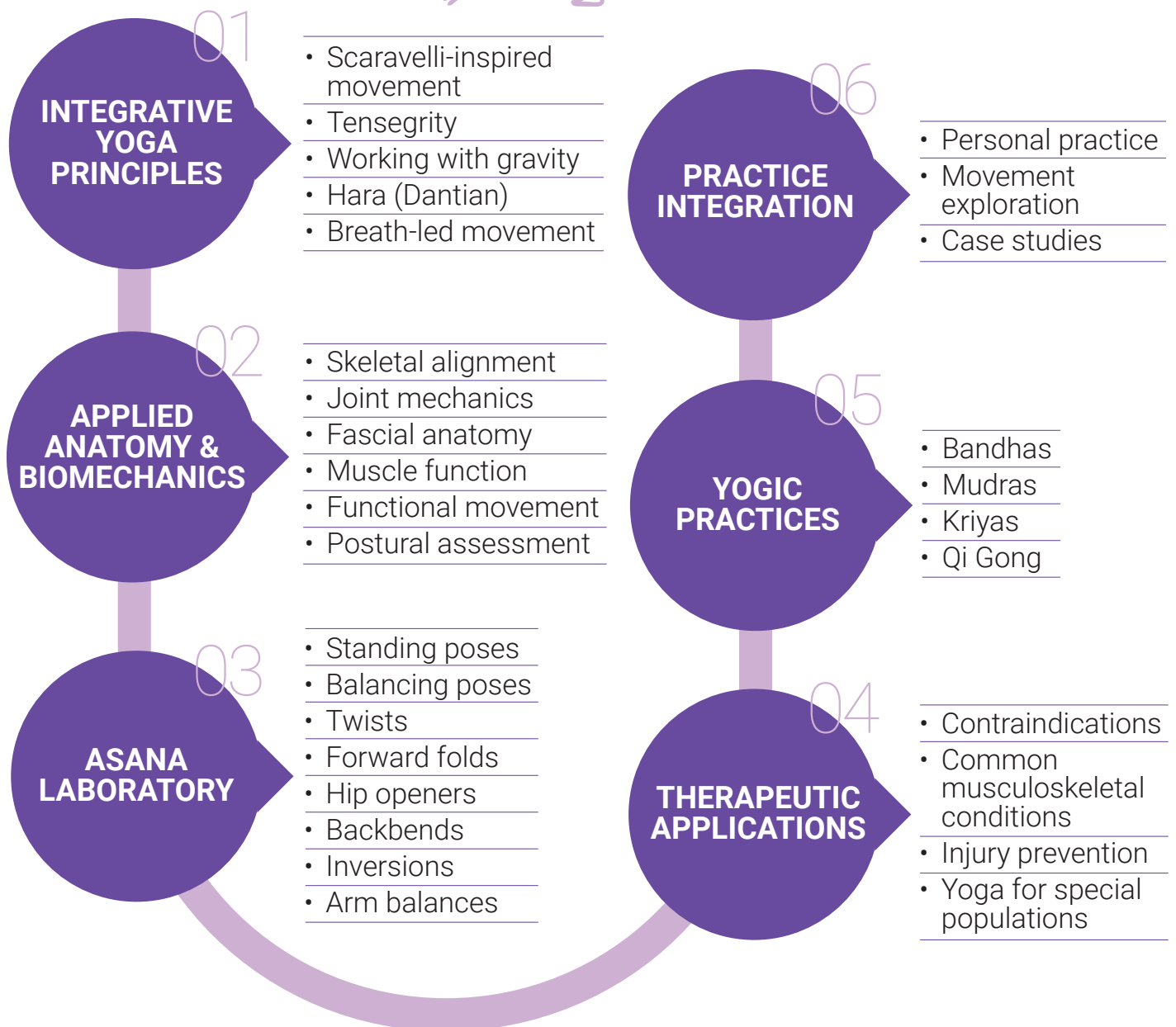


Integrative Yoga Asana Intensive

Alignment, Therapeutics & Intelligent Sequencing

1 - 29 MAY 2027 (Sat & Sun)
8:00AM - 4:00PM

CATEGORY & CURRICULUM



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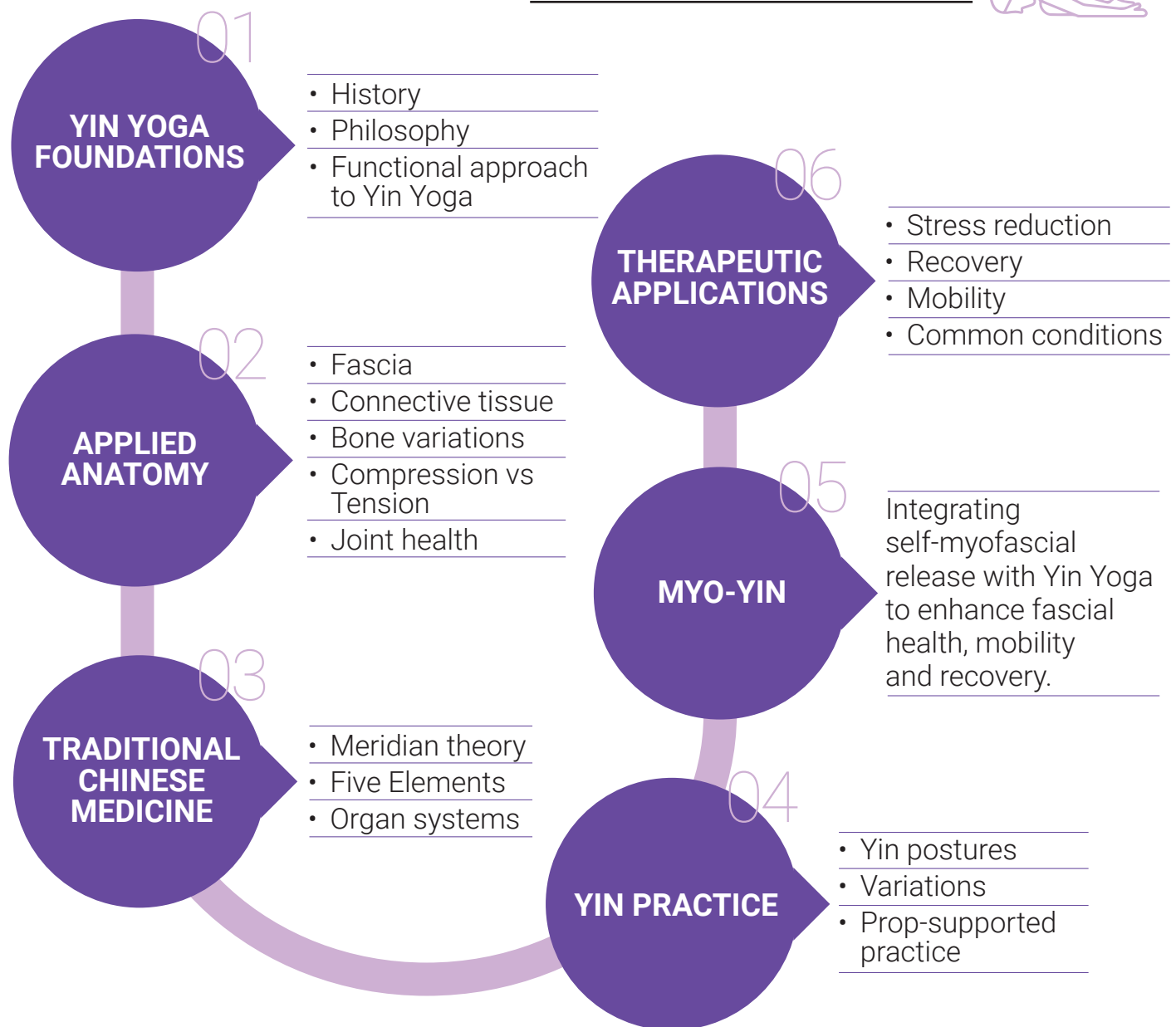


Yin Yoga & The Meridians with Myo-Yin

Exploring Yin Yoga, Fascia & TCM Meridians

11 - 25 SEP 2027
8:00AM - 4:00PM

CATEGORY & CURRICULUM



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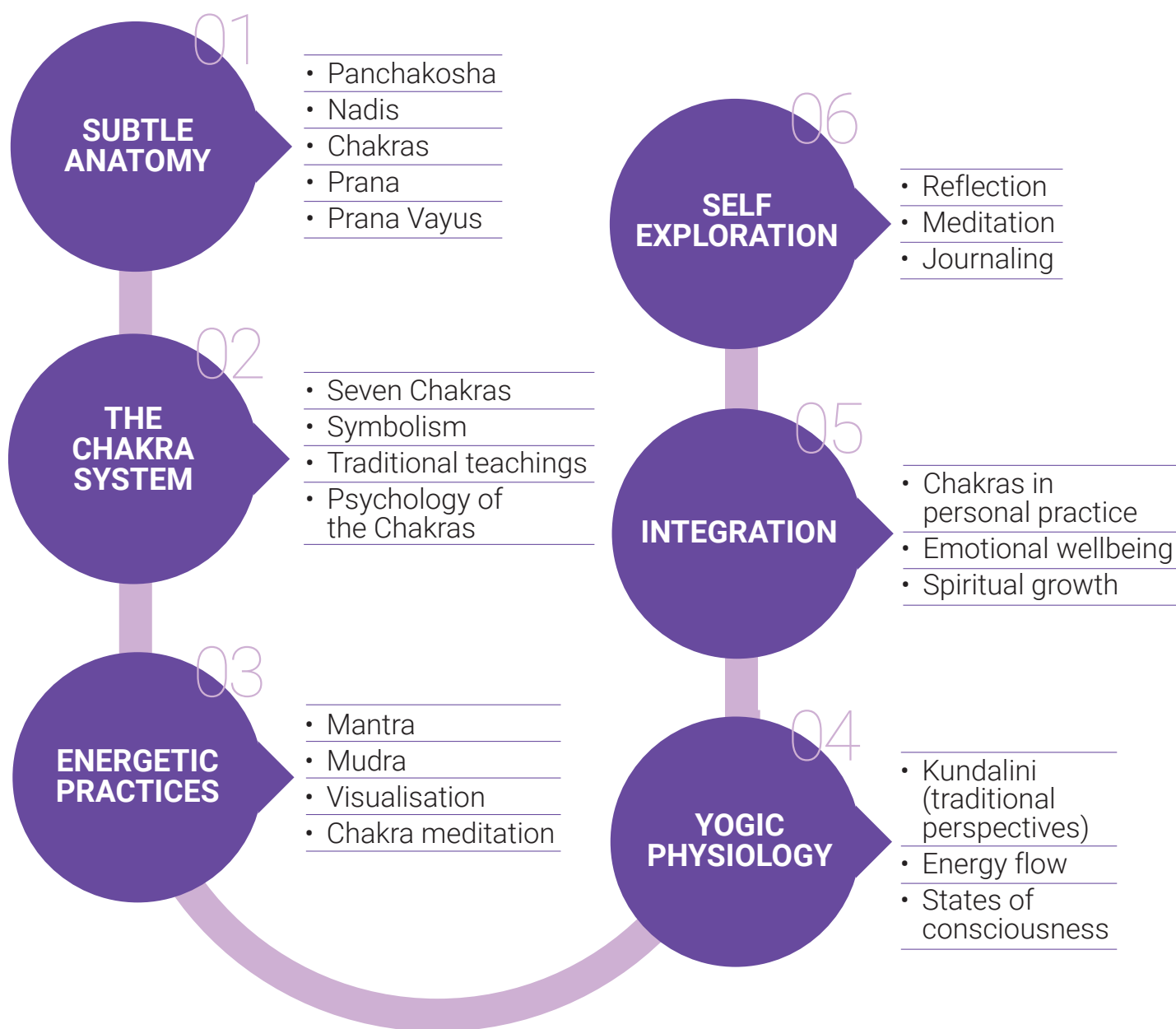


Chakras & Yogic Energetics

Understanding the Subtle Body

18 OCT - 15 NOV 2027
- Weekday Mornings
7:00AM - 8:30AM

CATEGORY & CURRICULUM



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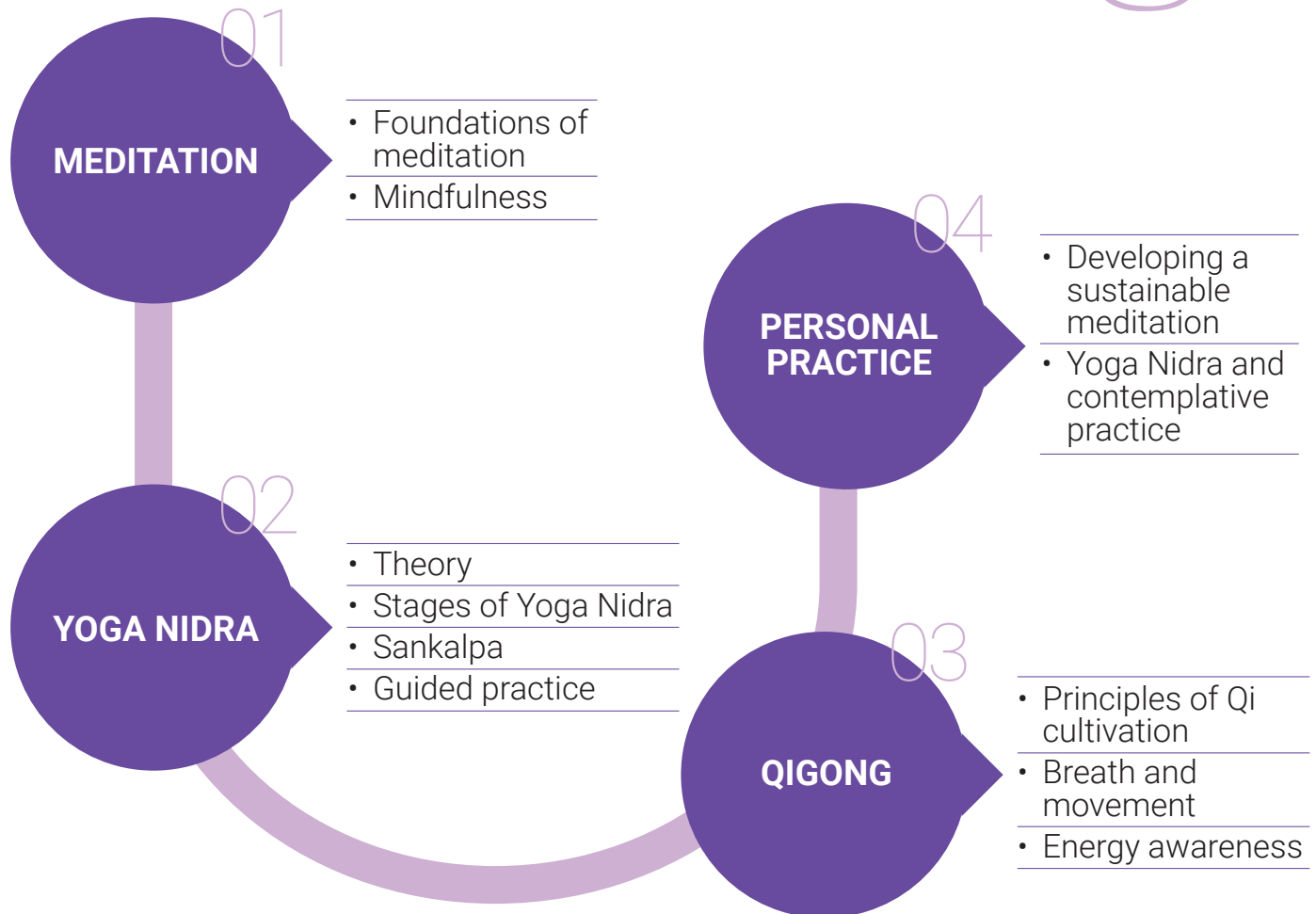


The Art of Stillness

Meditation • Yoga Nidra • Qigong

7, 13 & 14 NOV 2027
8:00AM - 4:00PM

CATEGORY & CURRICULUM



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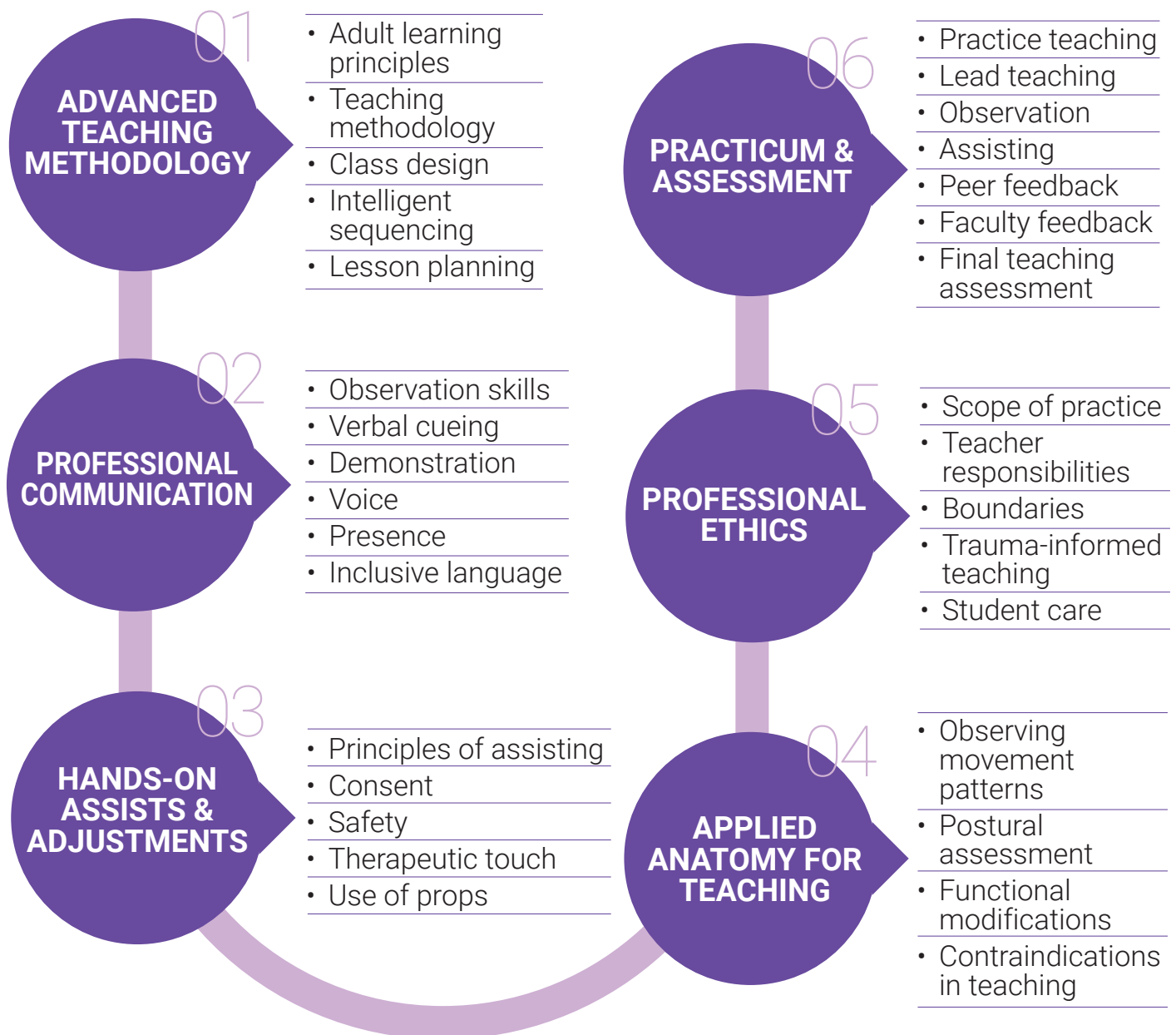


Professional Yoga Teaching Practicum

**Required for
300-Hour Certification**

20, 21, 27 & 28 NOV 2027
8:00AM - 4:00PM
Graduation: 28 Nov 2027

CATEGORY & CURRICULUM



Notes

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