

Shanti Yoga Teacher

Training presents

ASANA

The Tip of the Iceberg

Sept 7 - 9, 2018
Yoga Tree of Boise

Most know that asana is just the tip of the iceberg of yoga. But for many, it's their first, & likely only, exposure. Therefore, it's vital that we teach asana carefully – with consideration of right attitude (yamas & niyamas), right action (biomechanically sound alignment), right intent (knowledge of each asana's function), & mindfulness.

Fri 6:30 - 9:30 pm

*Asana FUNdamentals - Standing Postures
Restorative & Yoga Nidra*
Bill Dial, ERYT 500, YACEP

\$50

Sat 1:30 - 3:15 pm

Backbends & Twists, Debbi Murphy, ERYT 500, YACEP

\$30

Sat 3:30 - 5:30 pm

Forward Folds, Inversions & Arm Balances, Jennifer Knight, ERYT 500

\$30

Sun 11:45am - 2:45 pm

Vinyasa: Mindful Transitions, Kimberly Azzarito, ERYT 500

\$50

Sun 3 - 4:45pm

The Quiet Practices: Restorative & Yin, Kimberly Azzarito, ERYT
500

\$30

This Shanti Yoga Teacher Training Workshop is included in tuition, non-Shanti yogis may participate and receive CEU's by registering with Shanti Yoga (\$160 full workshop, 12 CEU's or see individual session pricing).

