

jewel in the lotus: the hidden layers of yoga

yoga tree of boise
october 19 -21, 2018

friday 6:30 - 9 pm

The Power of Pranayama to Cultivate
Energy: Vayus, Bandhas & Koshas
\$50 | with Jennifer Knight

saturday 1:30 - 3:30 pm

Train Your Brain: Mindfulness
Tools for Focus, Clarity & Space
\$30 | with Debbi Murphy

saturday 3:45 - 5:45 pm

The Science of Meditation:
Neuroscience with Yin & Yoga Nidra
\$30 | with Lisa Simpson

sunday 11:45 - 2:45pm

The Story of Vayu, The Science of Breath
& The Mind/Body Connection
\$50 | with Kimberly Azzarito

sunday 2:45 - 4:45pm

Moving Meditation: Mindfulness
in the Flow of Body & Breath
\$30 | with Debbi Murphy

Open to the commUNITY!
Eligible for 11.5 CEUs
\$160 full workshop
To register contact
Shanti Yoga Studio 208.634.9711 or info@shantiyogastudio.org

