



SHANTI YOGA

300 HR YTT

2018 WORKSHOP SCHEDULE

YOGA FOR WELLNESS, LLC - BOISE, IDAHO

CONTACT SHANTI YOGA SCHOOL:
208.634.9711 info@shantiyogastudio.org

JAN. 12-13

FRI. 5:45-7:45P

SAT. 11:30-3:30P

- Yoga History & Philosophies
- Dual and Non-dual Comparative & Practices

FEB. 9-10

FRI. 5:45-7:45P

SAT. 11:30-4:00P

- Yin Yoga
- Anatomy & Teaching of Yin Yoga

MAR. 30-31

FRI. 5:45-7:45P

SAT. 11:30-3:30P

- Viniyoga for Specific Populations

APR. 13-14

FRI. 5:45-7:45P

SAT. 11:30-4:00P

- Neuroscience of Yoga Nidra Meditation & the Seven Energy Centers

MAY 11-12

FRI. 5:45-7:45P

SAT. 12:00-4:00P

- Being Authentically You
- Teaching What You Love- Finding Your Voice Through Asana, Mudra & Song

JUNE 8-9

FRI. 5:45-7:45P

SAT. 11:30-4:00P

- Restorative Yoga
- Trauma Sensitive Yoga

JULY 13-14

FRI. 5:45-7:45P

SAT. 11:30-3:30P

- Kashmir Shaivism Practice
- Kashmir Shaivism History/Philosophy

AUGUST

No Weekend Intensive this Month

SEPT. 7-8

FRI. 5:45-7:45P

SAT. 11:30-3:30P

- Viniyoga Movement Assessment
- 20 Sustainable Yoga Poses

OCT. 5-6

FRI. 5:45-7:45P

SAT. 12:00-4:00P

- Meditative Movement
- A Silent Afternoon Retreat

NOV. 9-10

FRI. 5:45-7:45P

SAT. 11:30-3:30P

- Teaching Off the Mat

DEC. 7-8

FRI. 5:45-7:45P

SAT. 11:30-3:30P

- Yoga for Better Sleep
- Yoga for Balancing Emotions

JANUARY 2019

Dates TBA

- Contact Us!
- 208.634.9711

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IDAHO'S YOGA SCHOOL