



SHANTI YOGA 300 HR YTT

2019/20 WORKSHOP SCHEDULE

YOGA FOR WELLNESS, LLC - BOISE, IDAHO

CONTACT SHANTI YOGA SCHOOL:
208.634.9711 info@shantiyogastudio.org

SEPT. 10-NOV. 12

TUESDAYS 5:45-7:45P

UNIT I: Discover Viniyoga and
Intro to Non Dual Teaching

MAR. 6-7

FRI. 5:45-7:45P

SAT. 11:00A-3:30P

- Working with Individuals
- Yoga & Emotions

OCT. 11-12

FRI. 5:45-7:45P

SAT. 11:00A-3:30P

- Meditation Techniques
- The Breath & Pranayama

APR. 10-11

FRI. 5:45-7:45P

SAT. 11:00-3:30P

- Trauma Informed Yoga
- Yoga for Mental Health

NOV. 8-9

FRI. 5:45-7:45P

SAT. 11:00A-3:30P

- Developing a Personal Practice
- Dual vs. Nondual Philosophy

APR. 28-JULY 14

TUESDAYS 5:45-7:45P

UNIT IV: Nature of Health & Illness
& Nondual Texts of Kashmir Shaivism

**no class 5/26, 7/7*

NOV. 19-FEB. 11

TUESDAYS 5:45-7:45P

UNIT II: Biomechanics &
Yoga Nidra & iRest History Philosophy

**no class 11/26, 12/24, 12/31*

MAY 15-16

FRI. 5:45-7:45P

SAT. 11:00A-3:30P

- Nondual Texts and Practices

DEC. 6-7

FRI. 5:45-7:45P

SAT. 11:00A-3:30P

- Body Sensing Yoga
- Yin Yoga

JUNE 12-13

FRI. 5:45-7:45P

SAT. 11:00A-3:30P

- Prenatal Yoga
- Working with Seniors

JAN. 24-25

FRI. 5:45-7:45P

SAT. 11:00A-3:30P

- Yoga Nidra & iRest Philosophy
- Ancient Teachings in Modern Day Yoga

JULY 17-18

FRI. 5:45-7:45P

SAT. 11:00A-3:30P

- Advanced Ayurveda

FEB. 7-8

FRI. 5:45-7:45P

SAT. 11:00A-3:30P

- Advanced Viniyoga
- 20 Superposes

JULY 21-AUG. 25

TUESDAYS 5:45-7:45P

UNIT V: Anatomy & Ayurveda

FEB. 18-APR. 21

TUESDAYS 5:45-7:45P

UNIT III: Integration &
Teaching Yoga

AUG. 7-8

FRI. 5:45-7:45P

SAT. 11:00A-3:30P

- Advanced Anatomy

IDAHO'S YOGA SCHOOL