



SHANTI TEACHER TRAINING PRESENTS:

FUNctional yogasana

March 8-10
Yoga Tree of Boise

How can you use yoga to optimize your well-being? This workshop aims to define your intentions in your own unique yoga practice to map out your personalized path toward wholeness and health. Open to yoga practitioners and teachers.

ELIGIBLE FOR 12 CEUS | \$175 FULL WORKSHOP



- FRI. 5:30-9:00P** Fundamentals + Forward Folds with Linda Gilbertson | \$60
RYT 500, YACEP
- SAT. 1:30-5:00P** Backbends + Twists with Margit Sage | \$60
MS, RYT 500
- SUN. 11:45A-2:45P** Inversions + Arm Balances with Kimberly Azzarito | \$50
MS, E-RYT 500
- SUN. 2:45P-4:45P** Transitions with Kimberly Azzarito | \$35
MS, E-RYT 500

REGISTER AT | SHANTI YOGA STUDIO | 208.634.9711
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