

CREATING A HOME YOGA PRACTICE



LEARN TO ADAPT SUSTAINABLE YOGA POSTURES INTO A HOME PRACTICE TO FIT YOU UNIQUELY. FOR TEACHERS, GAIN THE TOOLS TO HELP YOUR STUDENTS CREATE THEIR OWN PERSONAL PRACTICE.

OPEN TO THE COMMUNITY!

FRI. 5:45-7:45PM

\$35 | PART ONE

WITH JEANNE DILLION, E-RYT 500, YACEP

MAR 15-16, 2019

AT YOGA FOR WELLNESS, LLC

1175 E. PARKCENTER BLVD

BOISE, ID.

208-345-7113

MINDFULNESS | SELF-CARE TOOLS | AYURVEDA

ELIGIBLE FOR 8 CEUS

\$105 FULL WORKSHOP

SAT. 9:00-10:30AM

VINIYOGA & IREST YOGA NIDRA | \$15

WITH MARGIT SAGE, RYT 500

SAT. 11:00-3:30PM

PART TWO | \$75

WITH JEANNE DILLION, E-RYT 500, YACEP AND
DESIREE MOORES, RYT 500, AYURVEDIC PRACTITIONER

**PLEASE PROVIDE YOUR OWN LUNCH TO ENJOY DURING 1:00 -1:30 DISCUSSION.

REGISTER AT | SHANTI YOGA STUDIO | 208.634.9711
INFO@SHANTIYOGASTUDIO.ORG | WWW.SHANTIYOGASTUDIO.ORG