



SHANTI YOGA

300 HR YTT

2019 WORKSHOP SCHEDULE

YOGA FOR WELLNESS, LLC - BOISE, IDAHO

CONTACT SHANTI YOGA SCHOOL:
208.634.9711 info@shantiyogastudio.org

JANUARY

No workshop this month.

AUG. 16-17

FRI. 5:45-7:45P

SAT. 11:30-3:30P

- Embodiment for Working w/Emotions
- Advanced History & Philosophy

FEB. 8-9

FRI. 5:45-7:45P

SAT. 11:30-4:00P

- Yoga Advanced Education
- Neuroscience of Meditation

SEPT. 6-7

FRI. 5:45-7:45P

SAT. 11:30-3:30P

- Yoga for Specific Populations

MAR. 15-16

FRI. 5:45-7:45P

SAT. 11:30-3:30P

- Low Risk/High Benefit Yoga Poses
- Effective Adaptations

OCT. 11-12

FRI. 5:45-7:45P

SAT. 12:00-4:00P

- Pranayama & Meditation

APR. 19-20

FRI. 5:45-7:45P

SAT. 11:30-4:00P

- Pranayama & Meditation

NOV. 8-9

FRI. 5:45-7:45P

SAT. 11:30-3:30P

- Yin Yoga & Story Telling

MAY 10-11

FRI. 5:45-7:45P

SAT. 12:00-4:00P

- Teaching from the Heart
- Finding your True Calling

DEC. 6-7

FRI. 5:45-7:45P

SAT. 11:30-3:30P

- Yoga Beyond the Mat

JUNE 21-22

FRI. 5:45-7:45P

SAT. 11:30-4:00P

- Restorative Yoga
- Trauma Sensitive Yoga

JANUARY 2020

Dates TBA

JULY 19-20

FRI. 5:45-7:45P

SAT. 11:30-3:30P

- Comparative Philosophy
- Ancient Teachings in Modern Day

- Contact Us!

- 208.634.9711

info@shantiyogastudio.org

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IDAHO'S YOGA SCHOOL