

**iThrive Yoga Presents:**



## **200 Hour Yoga Immersion Program**

**STARTING FALL 2017**



### **MODULES:**

#### **MODULE 1: YOGA HISTORY & PHILOSOPHY**

Topics covered: History of the practice, 8 limbs of yoga, Sanskrit, Yoga Sutras, Yoga vs. Religion, Chanting & Myths of the Asanas

#### **MODULE 2: ANATOMY, ALIGNMENT & BREAKDOWN OF POSES**

Topics covered: Anatomy, Alignment, In-depth look at poses, Hatha Yoga, Arm Balances, Inversions, Sun Salutations A & B

#### **MODULE 3: PRANAYAMA, MEDITATION & AWARENESS**

Topics covered: Multiple Pranayama exercises, Guided Meditations, Yin Yoga, Yoga Nidra, 7 Spiritual Laws of Yoga & Mantras

#### **MODULE 4: CHAKRAS & ENERGY**

Topics covered: Chakras, Nadis, Bandhas, Koshas, Doshas, Ayurvedic Principles, Shiva/Shakti Energies, Mudras, Essential Oils & Energy Cleansing

#### **MODULE 5: LEADING A CLASS**

Topics covered: Assists, Adjustments, Practice Leading A Class, Modifications, Sequencing & Finding Voice/Confidence

**ENROLL IN THE ENTIRE PROGRAM FOR \$3,000 OR PAY IN FULL BY START OF MODULE 1 AND PAY \$2,750. YOU WILL RECEIVE A 200 HOUR CERTIFICATE HONORED BY YOGA ALLIANCE!**

Interested in learning more? Contact us at [grow@ithriveyoga.com](mailto:grow@ithriveyoga.com)

OUR TRAINING PROGRAMS ARE DESIGNED FOR PERSONAL GROWTH AS WELL AS STRENGTHENING YOUR SKILLS TO SHARE YOGA WITH OTHERS. WE HAVE MET THE STANDARD REQUIREMENTS AS OUTLINED IN THE YOGA ALLIANCE RYT 200 HOUR PROGRAM.