

iThrive Yoga Presents:



200 Hour Yoga Immersion Program

STARTING JANUARY 2018



MODULES:

MODULE 1: YOGA HISTORY & PHILOSOPHY, JAN. 16th – SAT. JAN. 27th

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, JAN.30th – SAT. FEB. 10th

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

MODULE 3: PRANAYAMA, MEDITATION & AWARENESS, FEB. 13 – SAT FEB. 24th

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

MODULE 4: CHAKRAS & ENERGY, FEB.27th – SAT. Mar. 10th

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

MODULE 5: LEADING A CLASS/PRACTICUM, Mar. 13th – SUN. MAR 31st

(3/13, 3/15, 3/17, 3/20, 3/22, 3/27, 3/29, 3/31)

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 THE FIRST DAY OF
MODULE 1 AND PAY \$2,750. YOU WILL RECEIVE A 200 HOUR CERTIFICATE HONORED BY**

Interested in learning more? Contact us at 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.