

Yoga Study Intensives: Asana + Teacher

Personal Practice Study | Continuing Education | Teacher Training
Starts May 1, 2021

@ 5 Koshas Yoga & Wellness, Wausau, WI



Deepen Your Practice Ignite or Renew Your Teaching

- Intensives in Asana, Pranayama, Chanting & Yoga Philosophy, Meditation, Teaching Methodology
- Experienced and expert faculty
- Saṅga and life-long friendships
- Be eligible for Yoga Alliance CE or complete all intensives for RYT-200. Training meets standards of WI Educational Approval Program. Approved for GI Bill & VA Educational Benefits

Asana & Teaching Methodology & Practicum Intensives

\$2680 by April 20, 2021 or 13 payments of \$213 starting April 20, 2021. 15% discount for 5 Koshas memberships, \$2278 for one payment, \$181 for 13 payments.

200 hr Teacher Training

Applications are due by April 15, 2021. Contact Mary at mary@5koshasyoga.com or call/text 715.218.7120 for the application and training catalog.

Fees: \$100 application fee, non-refundable \$3000 early-bird tuition by April 20, 2021 OR Pay As You Go \$260/month for 13 months, starts April 20, 2021.

Asana + Teacher Intensives 134 hours

Viniyoga™ asana framework, terminology, study of directions of movement and postures, sequencing asana practice and adaptation of postures including use of props. Principles of observation and teaching methodology for asana, vinyasa krama (flow), guided relaxation and savasana, breath awareness, breath adaptation in asana, and simple pranayama ratio practices. Anatomy for yoga teachers, inclusion of yoga for all stages of life, orientation to practice, interests and needs. Adapting for common health conditions.

Weekends

May 1-2, 2021**

June 5-6, 2021

July 10-11, 2021

Aug 21-22, 2021

Sept 18-19, 2021

Oct 9-10, 2021

Apr 30-May 1, 2022

8:00 am – 5:00 pm

** May be online depending on pandemic
16 hours of lectures and posture videos are done at your pace between May 1 - Aug 30.



Weekdays 5:30-8:30pm ONLINE

Wed, Aug 25, 2021

Wed, Oct 20, 2021

Mon, Nov 15, 2021

Mon, Jan 31, 2022

Wed, Feb 23, 2022

Mon, March 7 & 21, 2022