

Yoga Study Intensives: Chanting & Yoga Philosophy

Personal Practice Study | Continuing Education | Teacher Training
Starts May 17, 2021



5 Koshas
yoga and wellness

Deepen Your Practice Ignite or Renew Your Teaching

- Intensives in Asana, Pranayama, Chanting & Yoga Philosophy, Meditation, Teaching Methodology with emphasis on practicing, teaching, and adapting for personal practice, individuals & groups. **Take all 5 intensives to be eligible for Yoga Alliance RYT-200**
- Experienced and expert faculty
- Saṅga and life-long friendships

Chanting & Yoga Philosophy Intensive

\$660 by May 10, 2021 or 6 payments for \$120 starting May 10, 2021. **15% discount for studio memberships, \$561 for one payment, \$102 for 6 payments. \$180 discount for both Chanting & Yoga Philosophy and the Meditation Intensives.**

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 mos, starts April 20, 2021.

Chanting & Yoga Philosophy Intensive

33 hours

Learn key lineage chants. Understand basic Sanskrit chanting terms and how they are applied. Chant and discuss the relevance of key sutras from the Yoga Sutra-s of Patanjali including themes of: What is Yoga, Fluctuations of the Mind, Practice and Non-Attachment, Obstacles to Practice, 8 Limbs of Yoga, Yamas and Niyamas, Kriya Yoga and Seeds of Suffering and Overcoming the Seeds of Suffering, Meditation.

Schedule

Mondays, 5:30 – 8:30 pm
Online, Synchronous

May 17, 2021

June 21

July 19

Aug 16

Sept 27

Oct 4

Oct 25

Feb 7, 2022

Feb 28

March 14

March 28



Lead Faculty

Jay Coldwell, RYT 200, iRest™ Level 2 Teacher, Vedic Chant Student

Mary Hilliker, RDN, E-RYT 500, C-IAYT, 200 hr TT Lead Teacher & Program Contact:

mary@5koshasyoga.com or 715.218.7120