

# Yoga Study Intensives: Meditation +

Personal Practice Study | Continuing Education | Teacher Training  
Starts October 4, 2021

@ 5 Koshas Yoga & Wellness, Wausau, WI



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

### Meditation + Intensive Only

\$540 by Sept 25, 2021 or 6 payments for \$100 starting Sept 25, 2021. **15% discount for studio memberships, \$459 one payment or \$85 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](mailto: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.**

## Meditation + Intensive

### 27 hours

Introduction to meditation including what is meditation, why meditate, challenges, major methods of meditation, application, how to use asana, pranayama and chanting to prepare for meditation, relevant source texts and yoga philosophy. Includes an introduction to the cakra model, teachings on each cakra and practices for each cakra.

### Schedule

#### Mondays

5:30 – 8:30 pm

#### Online

#### Synchronous

Oct 4, 2021

Oct 25, 2021

Dec 13, 2021

Jan 10, 2022

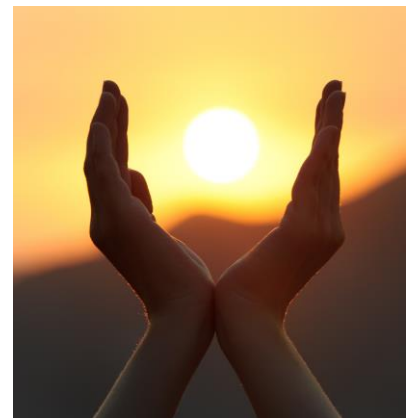
Jan 24, 2022

Feb 7, 2022

Feb 28, 2022

March 14, 2022

March 28, 2022



### Lead Faculty

Mary Hilliker, RDN, E-RYT 500, C-IAYT,

Lead Teacher at [mary@5koshasyoga.com](mailto:mary@5koshasyoga.com)

or 715.218.7120

Jay Coldwell, RYT-200, iRest™ Level 2

Teacher, Vedic Chant Student