

Yoga Study Intensives: Pranayama

Personal Practice Study | Continuing Education | Teacher Training
Starts September 8, 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

Pranayama Intensive Only

\$440 by Sept 1, 2021 or 4 payments for \$120 starting Sept 1, 2021. **15% discount for studio memberships, \$374 or \$102 for 4 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.

Pranayama Intensive

21 hours

Biomechanics of ventilation, physiology of breathing, human energetics in yoga practice, developmental steps in pranayama practice, developing practices for specific energetic effects, developing practices for simple ratio breath practices, pranayama techniques and yoga stress reduction.

Schedule

Wednesdays

5:30 – 8:30 pm

Online

Synchronous

Sept 8, 2021

Sept 22, 2021

Oct 13, 2021

Nov 3, 2021

Dec 1, 2021

Jan 5, 2022

Jan 19, 2022



Intensive Lead Faculty

Andrew Beaumont, PhD, MD, RYT-500, C-IAYT, Neurosurgeon

Program Contact

Mary Hilliker, RDN, E-RYT 500, C-IAYT, Lead Teacher for 200 hr. Yoga Teacher Training, mary@5koshasyoga.com or 715.218.7120