



SHANTI YOGA

300 HR YTT

2017 WORKSHOP SCHEDULE

YOGA FOR WELLNESS - BOISE, IDAHO

CONTACT SHANTI YOGA SCHOOL:
208.634.9711 info@shantiyogastudio.org

JUNE 2
5:45-7:45P

&

JUNE 3
11:15A-3:15P

*Experiential restorative class
demonstrating effective cues & more

*Teaching through effective verbal
communication - cues v demonstration

JULY 7TH
TBA

&

JULY 8TH
TBA

*History of Yoga: Pt. I

*History of Yoga: Pt 2
*History, Philosophy & Practice of
Yoga Nidra & iRest

SEPT. 15TH
5:45-7:45P

SEPT. 16TH
11:15A-3:15P

*Viniyoga Asana

*Viniyoga Asana

OCT. 6TH
5:45-7:45P

&

OCT. 7TH
TBA

*Meditative Movement
*iRest Yoga Nidra

*A Silent Afternoon Retreat: Practices
from Vijnana
*Bhairava Sutras

NOV. 4TH
TBA

*Teaching from the Heart: A Look at Yourself & Sharing what You Love with Others

DEC. 9TH
TBA

*The Gift of Giving through Yoga
*Yoga for Mental Health

- Contact Us!

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info@shantiyogastudio.org

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IDAHO'S YOGA SCHOOL