

CORE MODULE 1

VAYUS, DOSHAS, GUNAS

Understand the energetics of asana. Deepen your knowledge of the Gunas and Doshas and their role in asana energetics, providing you with tools to realize your full potential as a yoga practitioner and teacher.



3 Week Extended

w/Karen Macklin

Aug 2-22, 2015

Tues & Fri: 6:30– 9:00 PM

Sat & Sun: 12:30 – 5:30 PM



50 Hour Immersion

w/Jean Mazzei

Jan 18-24, 2016

Mon-Fri: 9:00 – 6:00 PM

Sat & Sun: 12:00 – 5:00 PM



Completion of this 50-hour module will apply to the 300 hours required by Yoga Alliance for your 500 hour certification; 50 CEUs.

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