**Sattva Vinyasa 201: Intelligent of Movement Series**

July 11-August 1, Thursdays 7:15-8:45pm

This workshop is for those of you wanting to take your asana practice to the next level with the intelligent sequencing of Sattva Vinyasa. Be prepared to sweat, strengthen, and soften your way through fun and challenging postures in our step by step approach to intelligence in vinyasa. 4 weeks of fun.

- **Week 1: Arm Balances and Hips**
  - Class 3: Hand-balancing Basics
  - Class 2: Backbends and Twists
  - Class 4: Hip Transitions

Join Julia Haller, Sattva Vinyasa Embodied™ teacher, to grow your practice.

Electives will be given for Teachers in Training. 90 minute class.

Cost $75, Free for Premium Members. Pre-Registration Required.

**BEGINS July 11**

**Full Moon Chant Circle**

Friday, July 12, 7:15-8:15pm, $5 recommended donation

Lets howl at the full moon as we chant, sing, move, and make music together. Bring an instrument, a friend, or maybe just your voice. If that is too much, just come and take in the beautiful sounds as you sit in meditation.

**July 12**

**New Moon Chant Circle**

Friday, July 26, 7:15-8:15pm, $5 recommended donation

**200HR Holistic Teacher Training**

Begins July 27, easy weekend courses held once per month for 8 months. Saturday & Sunday, 9:15-5:15pm.

ARE YOU READY? SERVE. TEACH. TRANSFORM. Join the program that has changed lives since 2010. Deepen your personal practice. Learn to teach a safe and effective holistic yoga class. Gain the foundations to advance to yoga therapy. Learn the tools of yoga to live a healthier & happier life.

**BEGINS July 27**

**Yoga for People with Cancer: 3 Day Training**

July 12-14, Friday-Sunday, 9:15am-5:15pm

Join us for this refreshing and in-depth training on conceptual framework for adapting yoga to people living with cancer and currently in treatment. Upon completion of our intensive 3 day training you will understand how to adapt group classes at any level of cancer care and remission.

Tuition: $475

**July 12-14**

**TANTRA. MYTH & MANTRA w/ VANI**

August 3-4
9:15-5:15pm

Explore movement and mantra as it relates to the study of Tantra yoga.

**THAI YOGA & MARMA POINTS w/ SEVIKA**

August 9-11
Understanding and locating trigger points in relationship to the Pancha Maya Model and for opening the energy channels to allow deeper healing.

**SATTVA YIN CERTIFICATION**

August 23-25
Adding a quieter practice such as restorative and yin can bring us into contemplation of the higher practices more quickly as we forget we are “doing” something.

**INTERESTED IN AN UPCOMING TRAINING?**

Early bird pricing ends July 15 on these Summer and Fall Workshops:

- **TANTRA. MYTH & MANTRA w/ VANI**
  - August 3-4
  - 9:15-5:15pm

- **THAI YOGA & MARMA POINTS w/ SEVIKA**
  - August 9-11

- **SATTVA YIN CERTIFICATION**
  - August 23-25

**260 627-YOGA (9642) | pranayogaschool.com | More Information & Register Online**