

Module 1: The Physical Body

From a Tantric perspective, the physical body is made up of different densities of energy, which lead back to pure consciousness. In this module, we will explore advanced yoga postures, sequencing, anatomy and physiology through an ISHTA lens. Learn how to teach to the individual in an intelligent, inclusive, and authentic way. Topics of study include but are not limited to:

- Posture Labs
- Advanced Topics in Sequencing
- Advanced Topics in Breath and Relaxation
- ISHTA Therapeutics
- Advanced Injury Management
- Yoga and Neurophysiology
- Advanced Topics in Prenatal

Requirements: Completion of ISHTA 200-hour Teacher Training, or other 200-hour Training and ISHTA Immersion.