

Module 3: Philosophy and Subtle Body

In this 7 day immersion, we will provide you with the timeless wisdom of yoga philosophy and the subtle body in an accessible and modern-day approach. Learn ancient and authentic pranayama and meditation techniques to help you gain clarity, reduce stress, and open up to an expanded vision of your true self and your life's purpose. Topics of study include, but are not limited to:

- Tantric View of the Sutras
- Yoga Nidra
- Ayurveda and Sequencing
- How to Teach to the Doshas
- Advanced Pranayama and Meditation Techniques
- The Bhagavad Gita
- Ayurveda: Self Care + Therapeutics
- Tantra Philosophy

Each lecture is taught by a Master teacher with over 15 years' experience in teaching yoga. Learn how to embody ancient wisdom in modern day life.

Requirements for this course: Completion of ISHTA Immersion or 200-hour ISHTA Teacher Training.