

The Path of Wisdom

300-hour Training Program



about the program

The Path of Wisdom 300-hour teacher training module program is composed of a 3-step module structure (100 hours per module) based on the 8 limb yoga philosophy. The program is designed to help you become a skillful and confident teacher, removing any obstacles that hinder your full potential as a practitioner and facilitator on the path.

Each module is divided into four weekend sessions of 25 hours each. Each module has its own sphere of study and discovery, from the deep understanding of the roots of philosophy to achieving the practical skills to facilitate the physical and mental aspects of living and teaching yoga. The program will take place at the BambooMoves Retreat and Training Facility in Glen Spey, NY.

Enrich yourself and become the confident and skillful practitioner & teacher you always dreamed of!

100-hour MODULE VALUE: \$1,600

**Pay for the full 3 modules and receive 20% off. The program price includes accommodations for each weekend, food, training, and training manual.*

module 1

the breath of wisdom

Take a deep breath into the wisdom of yoga. Within this module you will study in depth; subtle anatomy, pranayama (breathing), meditation science, and the art of asana. Some of the themes that will be covered within this module will be:

- Pranayama Techniques and Practice
- Meditation Practices
- Subtle Anatomy; Mudras, Bandhas
- Purification Techniques
- Psychic Development
- Advanced Asana
- Therapeutic Yoga
- and more...

**Pre-requisite: take a previous 200-hour teacher training.*

100-hour MODULE VALUE: \$1,600

**Pay for the full 3 modules and receive 20% off. The program price includes accommodations for each weekend, food, training, and training manual.*

Module 1 2015 Dates: September 18-20, October 2-4, October 16-18, November 6-8th.

module 2

aligning with the path

Align with the path of wisdom through the practical knowledge of asana (postures). Within this module you will be taught in detail about the physical body and asana alignment and experience. Some of the themes that will be covered within this module will be:

- Anatomy & Physiology
- Sanskrit Study
- Finding Your Voice
- Language of Yoga
 - active vs passive language, the effective use of each; positive and conscious communication; and communication patterns
- Asana Alignment and Energetics
- The Art and Practice of Assists
- Asanas thru the Eyes of the Chakras
- and more...

100-hour MODULE VALUE: \$1,600

Module 2 2016 Dates: March 4-6, March 18-20, April 15-17, May 20-22

module 3

roots of wisdom

The path of wisdom finds its roots in the profound and ethical practice of the yamas and niyamas, restrictions and observations. Within this module you will be guided into a philosophical learning experience of the ethical practices and the spiritual texts that form the roots of the practice of yoga. Spiritual scriptures like the The Yoga Sutras of Patanjali, The Bhagavad Gita and the The Ramayana will be studied. Other themes that will be covered will be:

- Understanding of the Sankhya Philosophy
- Study and Practice of the Yogic Diet
- Dharma and Karma
- Mythology of Indian Deities
- Living your Sadhana and more...

100-hour MODULE VALUE: \$1,600

Module 3 2016 Dates:
August 5-7, August 19-21,
September 9-11, September 23-25

BambooMoves

yoga



To learn more call us at 201-871-7000,
visit our website www.bamboomovesyoga.com,
or email us directly at
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