

# Are you ready ?

For more details :

[www.thriveyoga.com/training](http://www.thriveyoga.com/training)

Submit applications to:

[susan@thriveyoga.com](mailto:susan@thriveyoga.com)

301-294-9642

# Thrive Isthā Yoga

200 Hour Teacher Training Program

Fall 2010-Spring 2011



A Yoga Immersion  
A Yoga Immersion

## What is Ishta Yoga ?

ISHTA is an acronym for the **I**ntegrated **S**cience of **H**atha, **T**antra, and **A**yurveda — the 3 key sciences of yoga. It is through an understanding and blending of these philosophies that students can find their own practice.

ISHTA Yoga brings together the Ashtanga, Iyengar and Viniyoga traditions amongst other yoga techniques. The knowledge gained from this multi-dimensional perspective aids students on their quest for growth and self-knowledge, so that each yoga student can develop a practice that best suits their individual needs. An ISHTA teacher adapts a yoga class to the individual.

## The Ishta Yoga Teacher



*"You must be the change you wish to see in the world."*  
Mahatma Gandhi

As an ISHTA trained yoga teacher, you will teach your students to integrate the physical and energetic tools of yoga. Asana, pranayama and meditation combine into a seamless practice leading to individual self-awareness, inner and outer equilibrium and self-transformation. ISHTA is the science that teaches the individual how to open and align the physical body AND the subtle energetic body. Students will come out of this course learning how to bring joy, love, wisdom and inspiration into each moment of living.

## 2010/2011 Weekend Format

**Fridays, 6:00-9:00pm**  
**Saturdays, 9:00-5:00pm**  
**Sundays, 8:00-5:00pm**

### Ten Weekends ~Dates:

<b>Sept 10-12</b>	<b>Oct 1-3</b>	<b>Oct 22-24</b>
<b>Nov 12-14</b>	<b>Dec 3-5</b>	<b>Jan 7-9</b>
<b>Jan 28-30</b>	<b>Feb 18-20</b>	<b>Mar 11-13</b>
<b>April 1-3</b>		

### Cost:

**\$3200 Save \$300 ! Enroll by July 15: \$2900**

Payment plans are available! Unlimited yoga during training \$49/mo

## Explore, Elevate, and Enliven

In depth study of the following:

- \* Science of Yoga
- \* Tantra
- \* Ayurveda
- \* Subtle/Energetic Body
- \* Meditation
- \* Philosophy of Yoga
- \* Anatomy
- \* Pranayama
- \* Sanskrit
- \* Asana & Alignment
- \* Restorative & Prenatal Yoga

