

Enhanced Yoga Study I

Enhanced Yoga Study I, focuses on differing levels of anatomy and physiology, philosophy, teaching methodology, postures, and the therapeutic and spiritual benefits of yoga. This course will enhance yoga skills, deepen existing experience, help

students enjoy a better appreciation of asanas and understand further the essential philosophy of yoga as it applies to the western world. The course is intended for practitioners who wish to deepen their personal study, for those who are considering teaching or preparing to become teachers, and for those who look to become better teachers.

The course is offered by Prudence Kestner ERYT/500 and Bobbi Ponce-Barger ERYT/500.

EYS will meet on these dates at Bagheera Yoga Studio, Washington DC:

October 15-16, 2010

January 7-8, 2011

April 1-2, 2011

May 13-14, 2011

EYS retreat at Shepherds Spring Retreat Center in Sharpsburg MD

June 10-12 (retreat is required)

\$1100.00 (includes retreat and course materials and meals)

To Register or for more information contact: Bobbi Ponce-Barger: bobbi@bagheerayoga.com, 202 265-1783.

