



August 25-28 2016
Atlanta, GA

Hosted by: **Yoga Collective**

@Atlanta Hot Yoga
2140 Peachtree Road NW #230

\$420 early bird / \$450 regular

REGISTER AT

www.atlyogacollective.com

Todd Norian

*Early registration ends
July 25th*

The Healing Power of Yoga, Level 1

Ashaya Yoga® Basic Therapeutics Training Intensive

Open to yoga teachers and experienced students

Thursday 230-530p / 7-9p

Friday—Saturday 9a-1p / 230-630p

Sunday 9a-1p / 230-530p



Align body, mind, and heart with the infinite source of wellness in a yoga therapy training intensive that explores the miracle of healing. Norian teaches that every cell in the body is programmed for healing and joy. Unfortunately, unconscious movement patterns and self-limiting beliefs may keep you from fully accessing this power. Through life-affirming tantric philosophy and precise alignment techniques of Ashaya Yoga®, you learn how to transform pain and limitation into freedom and joy. During this training, you gain greater knowledge of specific alignment techniques that address, heal, and prevent common aches and pains. Each day of this intensive includes guided asana instruction and training in Ashaya Yoga®, tantric philosophy, therapeutic exercises, demonstrations, skillful observation, hands-on techniques, and basic anatomy.

This program is eligible for: 28 credits for Yoga Alliance (YA)

Thursday 7-9pm \$35 early bird / \$50 regular

Healing Sciatica and Other Hip, Pelvis, and Lower Back Dysfunctions

Discover your body's optimal design for radiant health. Through the therapeutic alignment techniques of Ashaya Yoga®, restore and prevent common aches and pains. Leave this workshop with tools, exercises and knowledge to free yourself of hip and lower back pain. Part of the 28 hour training and open to the general public, appropriate for all levels of students and teachers