

With great pleasure and enthusiasm we announce the dates of various programs available to start in the New Year 2019 in collaboration with Himalaya Yoga Peeth and Sanjay yogi leading to Yoga Alliance Certification.

- 200 Hour Intensive TTC program January 11-12-13 & 18-19-20 followed by 10 hours of Anatomy lecture which will be announced in January and continuing February 08-09-10 & 15-16-17. Full teaching days from 08.30-18.00 Registration deadline **DECEMBER 11th. Deposit 500** euros by 11 Dec remainder 350 euros payable 11 January and last 350 euros on 8 February 2019 **Total cost 1200** Euros
- Slow Pace TTC deepening yoga starting with Yoga Philosophy 4 hours on 12-13 and 19-20 January 09-10 and 16-17 February as well as Anatomy lecture continuing in October 2019 with postural practices 6 hours per day over 2 weekends and finishing all syllabus by January 6 hours over 2 weekends 2020. N.B. The same syllabus attached on this email will be taught both on the Intensive and Slow Pace course. 2 options available with Certification **1000** euros. Deepening Yoga knowledge same syllabus without certification **800** euros
- Deposit for Slow pace with Certification by **December 26** 2019 is **500** Euros rest payable in October 2019 and January 2020
- Registration date for Deposit for Deepening Yoga study without certification **January 8** 2019 price **500** euros.

Please note that we **CANNOT** reserve any places without timely Deposit and registration. These courses require qualities of **discipline involvement and commitment** to deepening your own self study and yoga practice kindly proceed to your registration ON TIME to allow us to prepare the manuals and materials necessary in time too.

- **AYURVEDA January 3 Day Course** with certification **15-16-17 January** 14.00-18.00 This Course will focus on different types of Digestive Fire in Ayurveda a core subject and recipes and cooking to balance and learn about spice combinations for healing Digestion and bringing balance to the system. Price **180** euros including three meals every evening of the course. **Price per day 70 Euros including 1 meal**
- **DROP IN** class for Cooking only 20 euros per person. Registration for Ayurveda course registration deposit 8 January 50 euros
- **AYURVEDA Option 1 February 4 day course** with Certification **11-12-13-14** teaching hours 2-6pm including cooking classes. Course syllabus will be distributed soon.
- **Ayurveda Option 2 FEBRUARY mountain retreat** full four day workshop in Mountains also possible schedule 10.30-12 & 1pm - 4pm including yoga practice morning and meditation in evening. Nature walks and deepening Ayurveda knowledge. Prices will be posted soon according to interest. Kindly revert back to us