

# Are you ready ?



Introduction to the Training Nov 22, 2009

For more details :

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

Submit applications to:

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

# Thrive Isthā Yoga

200 Hour Professional Teacher Training  
Program



A Yoga Immersion  
A Yoga Immersion

# What is Ishta Yoga ?

ISHTA Yoga derives from Patanjali's Sutra 2.44: Svadhyaya Istadevata Samprayah" (yoga Sutras of Patanjali: Book 2, Sutra 44):

"Through self-study one ascertains one's necessary path to spiritual enlightenment. Traditionally this path is represented by an individual spiritual deity"

ISHTA is an acronym for the Integrated Science of Hatha, Tantra, and Ayurveda — 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.

# 200 Hour Thrive Ishta Yoga Teacher Training Program

## 2010 7-weekend Format

### Dates:

February 12-14, February 26-28

March 12-14, March 26-28

April 16-18, April 30-May 2

May 14-16



Cost: \$3,200/\$2,900 Early Bird Discount before Dec 31

## 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 techniques

