

Sierra Shanti



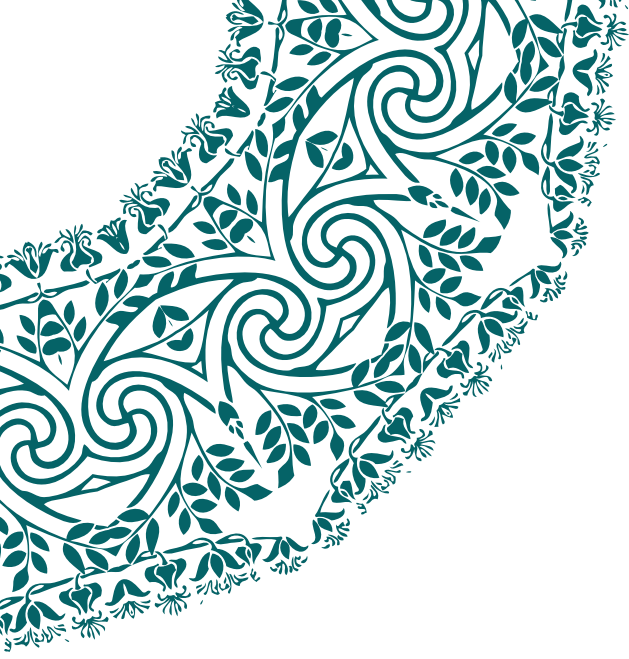
Prana Vinyasa Teacher Training

Sign-up before March 7th
SAVE \$200

Investment: \$3200 (early registration before March 7th is \$3000)

Teacher Training Location: Sierra Shanti, Bishop, CA

May-June 2020



EMBODYING THE FLOW ~ MANDALA OF ASANAS ~ 200 HOURS

Prana Vinyasa Flow is a full-spectrum approach to embodying the flow of yoga cultivated by Shiva Rea.

Students are empowered to experience prana, the universal source of breath, life-energy and conscious intelligence, as the navigating source of yoga practice and vital living.

Experience innovative approaches to vinyasa yoga and the state of flow within the rhythm of class. Practitioners learn classical and innovative approaches to vinyasa yoga and the state of flow drawn from Krishnamacharya's teachings, Tantra, Ayurveda, Bhakti, Somatics and Shiva's teaching experience from the last 20 years.

TRAINING DATES

May June

7-10	5-7
22-24	12-14
29-31	26-28

Sierra Shanti



**June 18 -21 is the Mammoth Yoga Festival - attendance to this is not required but encouraged, as it is an amazing experience!*

Kelley is a featured festival teacher + there will be an opportunity for make-up hours, as needed. Ask us to get your discount code for the festival!

Please visit kelleydoyleyoga.com/teacher-trainings/ for more details + full listing of techniques you will receive