

## Inner Peace Yoga Therapy Level 2 Course ~ Southwest Colorado, July 2017

### Daily Schedule:

Generally speaking, the program's daily schedule is as follows:

- 6:00 6:30 Morning Meditation
- 6:30 8:00 Morning Asana Practice
- 8:00 9:00 Breakfast
- 9:00 12:30 Morning Class
- 12:30 2:00 Lunch and Free Time
- 2:00 5:30 Afternoon Class
- 5:30 6:30 Daily wrap up, integration, meditation and closing
- 6:30 on Dinner and free time

### Detailed Course Outline:

**Thursday, July 6-Monday, July 10, 2017**

**The Living Vitality of Your Authentic Self: Prana and the Application of Sacred Healing**  
**Instructor: Shanti Shanti Kaur Khalsa**

Awaken what is already yours: the capacity to heal through your presence. As a yoga therapist, yoga teacher and healer, you have developed a way of working that has been successful for you. Now is the time for a deeper understanding and experience of your capacity as a sacred being in your work and in the world. No matter what your healing or yoga tradition, participating in this training will uncap your hidden potential as a healer, teacher or practitioner. You will begin to be through your radiance and spirit. Explore and Experience:

- Extended Meditation and Kriya Practice
- Your Skillful Use of the Flow of Prana
- Specific breath techniques to invoke the body's natural capacity for self-regulation
- The three Nadis working together to awaken healing potential
- Applying the bhandas to give your breath power
- Unlocking Prana through mantra
- Your Radiant, Subtle, Pranic and Auric bodies in relationship to breath and healing

In ancient times, yogic healers invoked prana through the three channels of Ida, Pingala and Sushmuna as their medicine and mode of treatment. These methods were used to raise vitality, balance the tattwas, improve immune response, regulate the glandular and nervous systems and overcome anxiety and depression. The effects are deep and lasting and apply broadly to multiple health conditions. Discover rhythmic breath pranayam as a powerfully sophisticated healing technology for yourself and for your students and clients.

The Living Vitality of Your Authentic Self is a deep, transformational, frequency adjusting gem open to yoga therapists, those in the integrative healing arts, yoga teachers and yoga practitioners. Although the methods presented are from Kundalini Yoga as taught by Yogi Bhajan, they can be applied by yoga practitioners and healers of all traditions.

**Tuesday, July 11-Saturday, July 15, 2017**

**Applied Ayurvedic Studies**

**Instructor: Jai Dev Singh**

Ayurveda is known as the “Science of Life”. In ancient India, Ayurveda and its sister sciences, yoga and meditation, were the means for individuals to insure a healthy body and mind to allow for the pursuit of their spiritual practices.

Today the principals of Ayurveda are being employed by many people who seek to find balance and healing through its specific diet and life-style prescriptions. Students will become aware of how Ayurveda can keep the body/mind healthy, and assist in achieving a keen awareness of the subtle bodies through the experience of the denser physical body. Yoga teachers and health practitioners will find Ayurveda principles a valuable tool in supporting the health and well-being of their clients and students.