

Yoga Study Intensives: Asana

Personal Practice Study | Continuing Education | Teacher Training
Starts May 1, 2021

@ 5 Koshas Yoga & Wellness, Wausau, WI



5 Koshas
yoga and wellness

Deepen Your Practice Ignite or Renew Your Teaching

- Intensives in Asana, Pranayama, Chanting & Yoga Philosophy, Meditation, Teaching Methodology
- Experienced and expert faculty
- Saṅga and life-long friendships
- **Be eligible for Yoga Alliance CE or complete all intensives for RYT-200.** Training meets standards of WI Educational Approval Program.
Approved for GI Bill & VA Educational Benefits

Asana Intensive Only

\$1420 by April 20, 2021 or 4 payments of \$355 starting April 20, 2021. 15% for 5 Koshas memberships: \$1207 for one payment or \$310.25 for 4 payments

200 hr Teacher Training

Applications are due by April 15, 2021.

Contact Mary at mary@5koshasyoga.com or call/text 715.218.7120 for the application and training catalog.

Fees:

\$100 application fee, non-refundable
\$3000 early-bird tuition by April 20, 2021
OR Pay As You Go \$260/month for 13 months, starts April 20, 2021.

Viniyoga Asana Intensive

71 hours

Viniyoga™ asana framework, terminology, study of directions of movement and postures, sequencing asana practice and adaptation of postures including use of props.

Weekends

May 1-2, 2021**

June 5-6, 2021

July 10-11, 2021

Aug 21-22, 2021

Sept 18-19, 2021

**May be online

Saturdays

8:00 am – 5:00 pm*

Sundays

9:00 am – 4:30 pm*

*Approximate,
Start & End times
vary by weekend.



Asynchronous Online

16 hours of lectures and posture videos are done at your pace between May 1 - Aug 30.

Lead Teacher & Contact

Mary Hilliker, RDN, E-RYT 500, C-IAYT,
Lead Teacher at mary@5koshasyoga.com
or 715.218.7120