

# Yoga Study Intensives: Pranayama

Personal Practice Study | Continuing Education | Teacher Training  
Starts December 1, 2021 – Select Wed Evenings | 5:30 – 8:30 pm  
@ 5 Koshas Yoga & Wellness, Wausau, WI



## Deepen Your Practice Ignite or Renew Your Teaching

Breathing practices as taught in the yoga tradition can:

- quiet the mind
- improve focus and concentration
- reduce stress and anxiety
- stabilize mood and improve depression
- improve immune and digestive function

In this 4-month intensive paced for optimal learning and integration, you will learn more about:

- the science of breathing
- how to start a breathing practice
- how to advance with your breathing practice
- how to tailor what you do for specific effects.

Available as an intensive in our 200-hour River Flow Yoga Teacher Training or continuing education for Yoga Teacher registered with Yoga Alliance.

### Pranayama Intensive Only

\$440 by November 29, 2021

15% discount for studio memberships, \$374

*Includes slide handouts, print copies of practices and 1 year video access to lectures and practices.*

Contain Mary Hilliker for more information about discounts for River Flow Yoga Teacher Training graduates.

## Pranayama Intensive

### 21 hours

Biomechanics of ventilation, physiology of breathing, human energetics in yoga practice, developmental steps in pranayama practice, developing practices for specific energetic effects, developing practices for simple ratio breath practices, pranayama techniques and yoga stress reduction.

### Schedule

#### Wednesdays

5:30 – 8:30 pm

Online

Synchronous

Dec 1, 2021

Dec 8, 2021

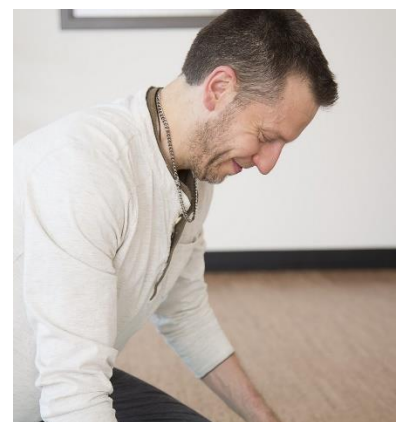
Jan 5, 2022

Jan 19, 2022

Feb 2, 2022

Feb 16, 2022

March 2, 2022



### Lead Faculty

Andrew Beaumont, PhD, MD, RYT-500, C-IAYT, Neurosurgeon

### Program Contact

Mary Hilliker, RDN, E-RYT 500, C-IAYT, Lead Teacher for 200 hr. Yoga Teacher Training, [mary@5koshasyoga.com](mailto:mary@5koshasyoga.com) or 715.218.7120.