

The Path of Wisdom

40 hour Training Program



Stephanie Miller Kopyar

Tim Miller

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Delve more fully into the physical, somatic, intellectual, and spiritual facets of living yoga. As yoga practitioners, teachers, and truth seekers growth is essential. The Path of Wisdom provides a meaningful opportunity for self study and professional development in a safe and supportive setting.

The training curriculum will consist of:

- Advanced Anatomical Concepts & Sequencing
- Philosophy - The Yoga Sutras and Upanishads
- Assists (attuning to touch)
- Finding your voice and creating the container
- Transforming through the 3 Gunas
- Pranayama practice
- Meditation
- Harmonium 101 and Chanting
- Subtle Anatomy
- Healing

This 40 hour course will be covered over two weekends...

**OCTOBER 19TH - 21ST
NOVEMBER 9TH 11TH.**

The weekend hours are:

Friday - 6:00pm - 9:00pm

Saturday - 8:00am - 5:00pm

Sunday - 6:00am-5:00pm

The training will take place at the BambooMoves Englewood location at 12 Engle Street, #300, Englewood, NJ 07631.

This course is recognized by Yoga Alliance as a Continuing Education Program and can provide you with 40 hours of CE credits.

Investment

Early registration (paid by August 15th,
\$600

Paid after August 15th
\$650

To register and learn more please visit
www.bamboomovesenglewood.com

**Pre-requisite: taken a previous 200-hour teacher training.*