

# 300-HR YOGA ALLIANCE PROGRAM



March 2019 Bern, Switzerland

## THE AWAKENED ENERGY – ENERGETIC THERAPY COURSE

March 20th - 24th

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## THE AWAKENED PATH – KARMA YOGA WISDOM COURSE

March 27th - 31st





This March in Bern we are offering **2 modules of our 300-hour Yoga Alliance program.** These can be taken together, or individually.

**These modules are developed to dive deeply into one kosha, or shell of the self.** They are each completely different in content and allow the student to become developed in a specific area of yoga study. Once all 4 modules are completed, the understanding

and experience of Yoga will be well rounded, instead of topical. **It is our goal to provide the highest level of experience and education,** and we spend a significant part of the year in further study and research.

Regardless of the module, each day begins with 2 hours of physical /energetic practices to increase health and vitality.

\* Each module receives 75-hour certification upon completion of coursework. When all 4 modules are completed, the graduate is eligible for 300-hour Yoga Alliance certification, or if already holding a 200- hour certificate, 500-hour certification.

## THE AWAKENED ENERGY – ENERGETIC THERAPY COURSE

### Kundalini Energetic Awakening

March 20th - 24th

5 day/ 75 hour

Accredited Yoga Alliance

Therapeutic Yoga Lifestyle Course

(300 hr)

Generating and containing the vital force is a two-part process. For modern people, there are many ways we lose energy - boundary transgression, engaging in relationship with toxic people, personal habits that waste and deplete energy and we must become conscious of how this is happening in our life. Without the information to create the container for the vital force, we can do as much practicing and creating of internal energies, but the moment we leave the practice space, we will again become depleted.

This course will have a section on healing emotional trauma and creating proper boundaries in the modern world to coincide with the ancient yogic practices of energetic awakening. **Our goal is not to just give you an experience of ecstasy, but to help you keep that experience and create a life you love.** Protecting ourselves from manipulative people, and situations, and freeing ourselves from the need to engage in covert associations is incredibly liberating and transformative.





- Kundalini Kriyas
- Emotional Freedom Technique (EFT- psychological acupressure)
- Understanding Psychic Vampires
- Removing Negative People through Positive Boundaries
- Therapeutic Yoga Practice
- Increase Your Vital Force
- 75-hr Yoga Alliance Credit towards 200 & 300 hr Teaching Certification
- Energetic Anatomy
- Chakras
- Nadis
- Vayus
- Ecstatic States
- Energetic Life Auditing
- Foundation of Therapeutic Yoga
- Transformational Breathing

**Join Rae Indigo and the United Yoga Team in Peru for this 6-day yoga immersion.**

We will practice ancient yogic techniques that awaken the kundalini energy, creating a feeling of ecstasy in the body, and liberating negative habits from the mind. Students will have a technical understanding of the internal energy channels(nadis), energy centers(chakras), their function, how to clear and balance the flow of prana in the body.

**Each day, you will also explore therapeutic yoga asanas, designed not only to clear away injuries, but to make your body more stable and flexible.** Students will practice physical movement arts, combined with specific breathwork(pranayamas) to awaken internal energies.

Students will study modern research on the different kinds of toxic people, and how to navigate relating with them while maintaining personal boundaries and energies. This includes explanation, and practices to clear away past wounds that may keep you vulnerable, thus restoring our personal protection, and bring more peace to our lives.

This course is open to all-level practitioners but is highly encouraged for teachers to learn this kind of yoga because it is from the energetic system that all physical postures arise. The physical poses are created to support the flow of energy, so understanding which asanas and approaches are most effective to increase your vital force.

**Level 1 Therapeutic Immersion is the first portion of a 300-hour Yoga Certification.** It is focused on making the student a strong practitioner. We have observed that the stronger a practitioner is rooted in a yogic lifestyle, the easier it is to communicate this in the form of teaching or sharing one's practice.



## THE AWAKENED PATH – KARMA YOGA

Wisdom Course

March 27th - 31st

When you shine from the inside, many obstacles in life become clearly understood and simply overcome.

Are you emotionally over-involved and feeling distracted much of the time? Replaying negative thoughts and dramas in your mind can keep you locked in the past, and worried about the future, without actually making life more meaningful. Let's change that.

### What can you expect from this 75-hour immersion?

- Create a life full of meaning using Science of Yoga
- Audit negative internal patterns
- Have a positive effect on your life and the lives of people around you
- Daily asana and meditation techniques
- Organize and actualize your goals
- Body language



## You will have the tools to:

- Leadership
- Dissolve selfish behavior and thoughts
- Shift your emotional state
- Change your vibration
- Develop charisma and speak with confidence
- Learn to turn hard situations into positive reality



## What is Karma Yoga?

Karma yoga is the process of achieving perfection in action. Karma yoga is said to be the most effective way to progress in spiritual life.

To be effective we must have methods to transform ourselves out of the current patterns where we are stuck and become a more liberated and conscious version of ourselves. This immersion was designed for you to let go of what you are not.

This 75-hour module is the internal polishing of our Therapeutic 300-hour course. When you shine from the inside, many obstacles in life become clearly understood and simply overcome.

**So is it your time to shine?**



Tuition per each 75-hour course: CHF 900

**\*early bird (before February 20th) CHF 800**

\*\* Reserve your Yoga Mat: You can save your spot with a CHF 150 deposit and have access to the early bird pricing

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For more information please contact us:

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