



PARA YOGA

SUPREME PRACTICE. SUPREME LIFE.



Para Yoga Teacher Training Certification with **Rod Stryker**

April 14 - 18, 2010

Wednesday-Sunday

8:30 - 11:30 a.m. Master Classes

1:00 - 5:00 p.m. Teacher Training



Yoga Sutra: Light on Self-Mastery

Man's supreme potential unfolds in the state of Yoga. Yoga is the revelation of perfect clarity, limitless intelligence, lasting peace, and freedom in action. Yoga practice – culminating in the heights of wisdom and compassion – can be defined as those processes that enable us to become what in our heart of hearts we aspire to be. Written in 200 B.C., Patanjali's Yoga Sutra is the singular text that illumines the path of Yoga more clearly and systematically than anything before or after.

Cost \$650 for entire program

much more info at youryoga.com

Asheville Yoga Center

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