



How you and your clients can manifest the life you desire through:

The" 8 Limbs of Yoga"

Date: October 20, 2018 (10-4pm)

Course Description:

How you, your clients, and loved ones can manifest a desired life through: The "8 Limbs of Yoga"

"When we are in balance it is like floating on a sea of infinite possibilities". Life is like a fulcrum on a scale of balance. In this busy world today it is easy to have one area of our life take over the others. One of the first areas of our life that is neglected is our self-care. If we don't take care of ourselves, we lose the balance which is vital to our well-being. Surrender to new opportunities, take a chance and re-gain freedom from pain, the past, and fears of what will come. Learn to find balance in your life for you, your loved ones, and your clients so you can live a life that you desire.

In this course you will be taught how to determine what is out of balance. By looking at all of our needs including emotional, physical and spiritual the "root" cause of symptoms can be reduced or even reversed for a desirable life.

Every day you, your client, and loved ones are being presented with a choice: "evolve or remain." In this course you will be educated on the "8 Limbs of Yoga" and each limb is the seat of the soul discovering what you, your client, or loved one are actually meant to do in life. You will be educated in the foundations of yoga philosophy in order to apply them in a practical manner. The chakra centers are the energy centers in the body encompassing 72,000 Nadis that are neuronal pathways that run up and down the spinal column. We will discuss and learn how to move your body in some beginner therapeutic postures in standing, supine, and seated positions. By practicing these postures one can develop agility, emotional and physical balance and endurance and vitality while training and disciplining the mind.

When you tap into your "genuine unconditioned self" the perspective of life changes allowing for new opportunities to enter your life. Lastly you will be taught how to assess another person's physical structure, emotional well-being, and spirituality in order to develop tangible goals. The techniques that will be taught for this "Plan of Care" will include:

- Asana (the postures)
- Ayurvedic (the science of life); daily self-care tools
- Pranayama (breath work)
- Meditation/Daily Intentions
- Sankalpa (Intentions to create a desired life)