

Dharma Yoga®



Life of A Yogi Teacher Training | 200 Hour
with Sri Dharma Mittra

Israel

Oct 3-12, 2010

Studio Yoga-Mala



DY LOAY TT 200 Hour Program includes:

Dharma I & II Surya and Shiva Namaskar Vinyasa Series with a focus on learning sequences and teaching practicum. With Senior DY Teachers.

Dharma Yoga for Gentle Yoga, Sequencing of Postures, Partner Work, Yogic Lifestyle, Asana Alignment and Form, Purification Techniques, Kriyas, Psychic and Physical Anatomy and Physiology, Detoxing and Cleansing Breathings, Basic Meditation Techniques, Psychic Development Initiation, Seven Primary Chakras, Yoga Philosophy and Ethics, Sattvic Ahara/Yogic Nutrition, Vegetarianism/Live Diet, Teaching clearly and specifically; Adjustments, Assisting.

To register and for more information:

visit: www.dharmayogacenter.com

email: loay@dharmayogacenter.com

call: 212.889.8160



Shalom Join Us in Israel

"By Keeping the Ethical Rules, gradually we'll reach all beings everywhere.

Then only so, there will be Divine Love" -DMM