

Wind of Prana and Waite Yoga

A place for Yoga Teachers and Yoga Practitioners to continue their pursuit of in-depth understanding of the science of Yoga and of their True Nature

We provide teachings in the following areas:

- Yoga Humanities I – Yoga History, Philosophy, Lifestyle and Ethics
- Wisdom of Yoga I – Study of Bhagavad Gita
- Wisdom of Yoga II – Study of Yoga Sutras of Patanjali
- Wisdom of Yoga III – Study of Upanishads and The Science of the Rishis
- Physical and Subtle Anatomy and Physiology
- Chakras – Bridge to Higher Consciousness
- Pranayama and Meditation – Advanced Practices of Yoga
- Mantras and Mudras – Healing the Mind, Body and Spirit
- Yin Yoga - The Missing Half of Life Balance - Foundation and Practice
- Completing the practice – From Asanas Through Meridians to Oneness
- Principles of Shapeshifting in Different Styles of Yoga
- The Art of Teaching Yoga – Teaching Methodologies and Principles
- Yin Yoga Teacher Certification Course
- Pranayama Certification Course
- Yoga Nidra Certification Course
- Complete 200-Hour Yoga Teacher Training Course (RYS-200)
- Complete 300-Hour Yoga Teacher Training Course (RYS-300)

Courses can be used as:

- CE credits
- Contribution to your 200 and 300-Hour Yoga Teacher certification programs (we are Registered Yoga School with Yoga Alliance for 200 and 300 levels (RYS-200, RYS-300))
- Complete teacher certification training for Yin, Pranayama, 200 TT, and 300 TT
- Part of your personal and professional development
- Advancing your own Yoga journey

Our courses are available to you via online live interactive sessions. Some will require your presence at our retreat-based learning centers to complete the certification. We also have local studios globally where you can continue your learning.

We made our tuition affordable to everyone who wants to embark on the spiritual journey of a Yogi and a Yoga Teacher. We offer scholarships and various payment plans. Design a payment plan that fits your financial needs.