

Wind of Prana CE Programs

Fall 2019/Spring 2020

Refresher Course for Yoga Teachers – 30 Hours of CE:

- Essence of Yoga Philosophy
 - Exploration of Selected Upanishads
- Subtle Anatomy – Pathways of Energy Body
 - Chakras – Vital Elements of Energy Fields
- Pranayama – Bridge to Higher Consciousness
 - Essence of Yin Yoga - The Missing Half of Life Balance
- The Art of Teaching Yoga – Teaching Methodologies and Principles