

Yoga Naga I Teacher's Training (1st Set):

Traditional Yoga Training for Devoted Aspirants

w/ Master Zi & Nisha Devi



Ready to unify your body, mind & spirit?

Desire an in-depth yoga training?

Want to master your body's strength & potential?

Become A Self-Realized Warrior Yogi/ini

Join 40 year practitioner/teacher Master Zi & premier yogini Nisha Devi in their exclusive six week Yoga Naga I Teacher's Training. Learn to use this rarely taught series of asana that heals, empowers and **properly aligns your spine** so you can unlock your body's infinite power!

With Yoga, Cultivate Your Most Valuable Possessions- Health & Knowledge.

Liberate Your Life with YOGA NAGA

Yoga Naga I is primarily centered on the first 28 poses of the 84 Yoga Naga asana series. This training will transform students' perception of the self and develop Mantra, Yantra and Tantra.

Empower yourself with the following tools:

- ◆ A fresh perspective on human anatomy
- ◆ The crown/root connection through chakras & the energetic body
- ◆ Proper Asana presentation, alignment and execution
- ◆ Understand breath through specialized techniques
- ◆ Yogic philosophy principles on nutrition, life challenges & choices

DETAILS

Date: July 18th – Aug. 22nd, 2011

Times: Mon., Wed., Fri., |6:00am-7:30am PST

Sun. |9:00am-10:30am PST

Cost = ONLY \$699.00 (if paid in full by July 15th)

2 PAYMENT Installments Option:

\$399 due July 15 & \$399 due Aug. 1

Space is Limited, SIGN UP NOW

717 Broadway, Santa Monica, CA 90401 (310) 576-2008

www.infocuswellnessinstitute.com

