



108 Hour Yoga Intensive

with Sarah Brenes, RYT

This is an opportunity for students to immerse themselves into yogic teachings: alignment, anatomy, philosophy, breathwork, and meditation practices that will further enhance your knowledge of Self, and empower students with the confidence to advance at all stages of practice—beginner or advanced, student or teacher.

Together as a community in a small, intimate setting, we will be gathering on weekend dates and studying all aspects of yoga.

The yoga intensive will total 108 hours of classroom time and is broken into 3 modules. Each module is 5 weekend days and will include time both on and off the yoga mat, handouts, recommended texts to further support your studies.

Location: Reaching Treetops Yoga, downtown location in Waukesha, WI

Cost: \$108 per module, or \$300 for all 3

Enrollment: Min 4, Max 16

Module 1: *Stepping Into the Heart*

Time and Dates: 8am-3:30pm Feb 18, 19, 25, 26, March 5

Overview of topics: alignment principles, yamas and niyamas, concepts of non-dual tantric philosophy, yoga philosophy, anatomy of the spine, meditation, pranayama

Module 2: *Deepening the Journey*

Time and Dates: 8am-3:30pm March 18,19,25,26, April 2

Overview of topics: Yoga Sutras of Patanjali, Tattvas of Tantric Cosmology, Kleshas, asana practices to support the philosophical and technical topics, therapeutic adjustments, energetic loops, anatomy of feet, legs, knees, and hips

Module 3: *Path of Awakening*

Time and Dates: 8am-3:30pm April 22,23,29,30, May 7

Overview of topics: Bhagavad Gita, subtle anatomy including chakras and vayus, doshas, malas. Mudra, mantra, meditation, further explanation of previous topics, level 2 asana poses, anatomy and therapeutic adjustments of shoulders and neck

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