**Intuitive Yoga is the cutting edge between the Universal Energy Principles of Polarity Therapy and Hatha Yoga.**

 When practiced together, a new and enlightening blend of movement emerges. Each person has their own unique ability to open a flow of energy where there is stiffness and pain.

 There is always a way to breathe and move as long as there is life force in the body. Often is the belief that “I cannot do yoga, I cannot bend, I’m too tight.” If there is only 50% ability to move, then 100% can be made of that 50%! Greater movement is the result. Helping your clients learn to move properly and safely profoundly increases their wellness and self-confidence.

 You can teach this easily and effortlessly.....build your practice, build your classes.

**This class dives deeply into understanding how we can direct breath into where we did not think movement possible.**

 Direct application of polarity techniques with Intuitive Yoga assists in mindful and freeing movements.

 The purpose of Yoga is to break the habit of the tissues thereby promoting a greater free flow of energy, range of motion, and fulfillment of life.

 The purpose of bodywork is to facilitate the release of deeply held tensions where movement is compromised.

Bodywork promotes a most essential healing component, i.e., the ability to fully receive and fully allow.

**This program is for all those feeling the call to serve, who want to develop their sensitivity with skill and focus.**

 Strength of purpose will grow and naturally inspire new ideas to emerge.   Connecting with a safe and supportive community will forever benefit the call of your heart.

 Are you ready to leap into your next step?  The world needs, more than ever, for the love of power to transform into the power of love.

 Our work is love in action, making a profound difference in our life, our sense of business, our fulfillment.

 For those with no prior studies of polarity therapy, we request a one on one session to assist you in making an informed decision

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| **Dates & Tuition****$ 350 per weekend** |
| **September 15 - 17, 2016****Pay by 08/25/2016 Save $ 50** |
| **November 10 – 12, 2016****Pay by 10/20/2016 Save $ 50** |
| **January     19 – 21, 2017****Pay by 12/29/2016 Save $ 50** |
| **March 2017****(3 day conference plus one day for class completion)** |

          **This program promises to take you to your next step! Let’s do this together!**

   **Three 3 day weekends, Thursday, Friday, & Saturday (72 hours) Level 1:**

* morning Intuitive Yoga class - 3 1/2 hours
* afternoon Integrative Bodywork - 3 1/2 hours
* theory of energy in practical application
* full day of postures (asanas) and energy exercises for each element
* injury and addiction recovery
* teaching groups or clients one on one
* growing your successful business!

 **One 4 day class, Thursday - Sunday (32 hours Certification) Level 2:**

* advancing to your next step in asanas
* extending pose modifications, i.e, how to grow the pose
* advancing your assistance strategies on the mat and on the table
* deepening process of attuning to your client and class
* growing and expanding your business even more!!

 **Pay in full for classes 1, 2, & 3 - only $ 880. (Save $170!!)**