

Yoga and Ayurveda: A Foundational Workshop & Bridge to Advanced Study

April 30 – May 2, 2019 or

July 19-21, 2019

Kamalesh Ginger Hooven, MA Ayurveda, C-IAYT

Drawing from Patanjali's Ashtanga Yoga System and the practices of Hatha Yoga, you will review the foundational practices of *pranayama*, *mudra*, *shat karma* and meditation as well as basic philosophy and theory of both Yoga and Ayurveda. You will identify yogic practices which are ideal for promoting health and preventing disease. This compact foundation is ideal for serious students who want to augment their knowledge and practice and was designed as a bridge to Advanced Yoga Studies (YTT 300) or the Ayurvedic Yoga Therapy program for students who did their YTT 200 elsewhere or prior to 2019. This is a requirement for

- All YTT 200 grads whose certificate is from another institution or from MMI prior to 2019 and who plan to take Advanced Yoga Studies (YTT 300).
- All AHC grads whose diploma is from another institution or from MMI prior to 2018 and who plan to take the Ayurvedic Yoga Therapy Program

Prerequisite: YTT 200 certificate (or equivalent for personal study)

Tuition: \$385.

Instructor: Kamalesh Ginger Hooven

Mount Madonna Institute supports the International Association of Yoga Therapists' (IAYT) Educational Standard for Yoga Therapy and is applying for accreditation. Mount Madonna Institute supports the National Ayurvedic Medical Association's (NAMA) Educational Standards for Ayurveda Yoga Therapists and is applying for NAMA certification.