

# Study Yoga and Train the RussaYog way!

Teresa Singh, Trainer and Instructor of RussaYog will explore with you the New RussaYog Book, "Karma Wealth and Wellness: Mindfulness Tools for the Age of Science and Technology."

Combined with yoga precision these intensive sessions will involve 45-minutes of yoga practice with instruction and refining the postures, and 45-min of discussion/journaling based on the readings of Karma Wealth and other studies on wellness, neuroscience, and happiness.

You may earn credit toward the 200-hour teacher training program for each session you attend.

Tuesdays 7:15-9 pm  
**1905 Cliff Drive**

\$140 for the 7-week program  
(or \$25 for a single 90-minute session).

You may drop-in or attend all 7 sessions.



## January 17, 2012

Review the 8 limbs and 2 anchors of yoga. Define wellness and the good life, and start the series with a challenging physical workout!

## January 24, 2012

Why are Focus and Concentration the 6th and 7th limbs of yoga? How can we use yoga to improve focus and concentration, and how will this lead us to more coherent life?

## January 31, 2012

Each of us wish to remain well. We'll explore the challenges to remaining healthy and how yoga can enhance our wellness.

## Feb 7, 2012

The chemistry of breathing. The 4th limb of yoga, pranayam, is one of the essentials of living well and living mindfully. We'll explore various styles of pranayam and practice deep breathing with opening movements.

## Feb 14, 2012

Explore different approaches to wellness and healing. Look at various 'holistic' methods of healing with an educated eye.

## Feb 21, 2012

Mindful wellness technology.

## Feb 28, 2012

Tools for a holistic journey. Learn new vocabulary and new mantras for a journey that is mindful. Create new traditions to replace outdated and harmful ones.

**sign up at the studio**  
**talk@russayog.com**  
**805-448-1320**