

The Four Paths of Yoga:



India's Gift to the World

Venue: Kai Yoga Arts Studio
Dates: Saturday, October 9, 2010 / 8:30am – 4:30
Sunday, October 10, 2010 / 2:00pm – 8:00pm
Fee: \$250.00
Instructor: Karen

Raja Yoga
The Science of Observing the Internal States

Jnana Yoga
The Path of Wisdom and Knowledge

Karma Yoga
The Yoga of Action

Bakthi Yoga
The Yoga of Devotion

In this workshop the student will learn:

- the philosophy and fundamentals of each stream of Yoga
- how to Incorporate these principles into their everyday world
- traditional yoga asana practice and basic pranayama

Yoga Alliance Credit: 8 Hours Philosophy
4 hour Yoga Asana