



SKYDANCE YOGA 250+ T TRAINING

ADD ON COURSES



SAHAJ 10 hrs

\$200.00AD

This ten hour module is designed to assist the Skydance Yoga student towards a deeper understanding of flow. Within the asana journey, students will be encouraged to improvise and play. There will be an opportunity to choreograph sequences to music, incorporating mantras and mudras. This artful approach to yoga is inspiring and freeing.



CHAKRA FLOW 10hrs

\$200.00AD

This ten hour module flows through the chakras from the base, Muladhara, reconnecting to our roots, to the feeling of belonging, and flowing through all seven chakras. We finish at the crown,

Sahaswara and connect to divine guidance and bliss.

This course offers an opportunity to tune into our energy centres and discover how they relate to our asana practice and our daily lives.

This course includes guided meditations, chanting and creative journal and soul art practice. A rich and nourishing course for all creative yogis.



ANATOMY AND PHYSIOLOGY

The anatomy and physiology module is an online component for the student to study in their own time. All systems of the body are covered and a certificate of completing is received at the end of the training.

www.pilatesitc.edu/teacher-trainings/anatomy-physiology/info@pilatesitc.edu.au