

瑜伽教練培訓班

美國加州瑜伽學院主辦(中國四川)



瑜伽強化班是理論和實踐練習相結合的培訓，經歷不同的瑜伽生活之道。瑜伽練習包括Raja, Karma, Bakti, Juana等。學員通過培訓實踐能達到一種真實和諧滿足的境界。

Yoga Style (瑜伽門派):

1. Sadhana Hatha 瑜伽
2. Sadhana Vinyasa 瑜伽

Training Content (瑜伽課程安排):

1. Sadhana Haltha sequence (全套Haltha 練習)
2. Sadhana Vinyasa Sequence (全套Vinyasa 練習)
3. Pranayama (各種瑜伽呼吸法練習)
4. Meditation (打)
5. Chanting (頌唱)
6. Yoga Philosophy (瑜伽哲理)
7. Yoga Theory and Practice (瑜伽的生活理論和練習)

報名註冊聯繫方式: www.rawshakti.com/china

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魏丹亭. 平. 罗 (Vedantin Ping Luo): 教育博士,
注册瑜伽教练 (E-RYT 500), 持国际悉瓦南达瑜伽吠檀多中心 (Sivananda Vedanta Center) “YOGA SIROMANI” 瑜伽师资格证书,
被瑜伽祖师艾扬格 (B. N. S Iyengar) 先生核准的阿斯汤加 (Ashtanga Vinyasa) 专业瑜伽教练。

ChongQing (Free)

Day Yoga Workshops

July 7 Saturday 3-6PM

July 8, Sunday 3-6PM

Chendu (Free)

Day Yoga Workshop

July 11, Wednesday, 5-9PM

Leshan/Emei (Free)

Day Yoga Workshop

July 12, Thursday, 5-9PM

Emei Shan (750 or 225 yuan/day or
75 yuan/class)

200 & 500 強化瑜伽教練培訓班 (RYT)

July 15 – August 11

