



200hr traditional hatha yoga home-study program



available to own NOW

lifetime access to 81 full length videos + 300pg manual

\$1799usd

KEY MESSAGES

Provided below are a collection of key points, including course themes and main topics covered for each course. Please read through the info, feel free to cut and paste it exactly as it is, or communicate the essence of message in your own authentic way. Whatever you feel will have the greatest impact with your audience. If you have any questions about any of the content, please reach out for clarification.

200HR MOON SUN FIRE TRADITIONAL HATHA YOGA HOME STUDY PROGRAM

1. This program is for everybody who's willing to commit to achieving self-excellence through the path of dedicated self-practice and stepping up their integrity, power and joy in all areas of their life.
2. Our mission is to get these ancient and evolutionary practices and teachings into the hands of as many people as possible. They are far too important not to share. So we are NOW making our world-leading, internationally renowned 200HR program available to EVERYONE.
3. Hatha Yoga is an exact science that yields perfect results 100% of the time, when it is practiced correctly. Sadly, the reason we don't see genuine evolution in the Yoga



200hr traditional hatha yoga home-study program



available to own NOW

lifetime access to 81 full length videos + 300pg manual

\$1799usd

world today is because the majority of the Yoga being practiced is not grounded in the traditional science. Therefore, it is incomplete and ineffective.

4. This comprehensive, video-based Home-Study Program, spread across 8 progressive modules will guide you and challenge you, step by step, towards a complete understanding and embodiment of traditional Hatha Yoga.

TOPICS COVERED:

TANTRA: THE SCIENCE OF SELF-EMPOWERMENT

- Learn the truth about what Tantra is and what it isn't.
- Demystifying Kundalini and the practices that activate it.
- Discover how to use its powerful and precise methods to strengthen, heal and empower all aspects of your life and amplify the potency of your practice.
- We will extensively cover how to practice key Tantric methods including ASANA, PRANAYAMA, BANDHA, MUDRA and KRIYA MEDITATION.
- Collectively, these powerful methods are a way of shaping body, energy and mind with the dual-goals of mastering the human dimension of life and also accessing the deep states of MEDITATION that exist beyond it.



200hr traditional hatha yoga home-study program



available to own NOW

lifetime access to 81 full length videos + 300pg manual

\$1799usd

YOGA: THE CULTIVATION OF SELF-KNOWLEDGE

- Meditation is at the core of the entire practice of Yoga. Here you will learn the skills to practice Meditation masterfully.
- Learn time-tested methods for calming reactivity, cultivating single pointedness of mind, increasing memory power, strengthening the connection to your inner teacher, and ultimately accessing that part of yourself that rests eternally beyond the mind.

MANTRA: THE HEART OF THE TRADITION

Learn how to apply Mantra within the scope of Asana practice, devotional practice (Bhakti) and most importantly, Mantra Japa Meditation practice.

Discover the secret connection between Sanskrit and the subtle body and how to use it to access states of higher consciousness.

VINYASA KRAMA: ADVANCED SEQUENCING

- Learn the science of sequencing; how to sequence powerful, integrated and safe classes for yourself and others based on an intimate understanding of the energetic impact of Asana as well as the bio-mechanical 'alignment' component of physical practice.



200hr
traditional
hatha yoga
home-study
program



available to own NOW

lifetime access to 81 full length videos + 300pg manual

\$1799usd



200hr traditional hatha yoga home-study program



available to own NOW

lifetime access to 81 full length videos + 300pg manual

\$1799usd

- Learn how to work with the six pose categories of Hatha Yoga (Forward folds, Twists, Laterals, Backbends, Spinal Extensions and Inversions) to precisely impact the Prana-Vayus, Doshas, Gunas, Nadis, the nervous system and ultimately the mind.
- Discover the relationship between Asana, Prana and Kundalini.
- Using posture clinics and pose breakdown sessions you will learn correct alignment and modifications, plus preparation and countering strategies for all major Asanas from the Hatha Yoga tradition.

AYURVEDA: THE SCIENCE OF LIFE

- Study the key principles of Ayurveda within the context of both life and practice and learn how to take full responsibility for your own life based on the informed choices you make.

YANTRA YOGA: THE SCIENCE OF THE CHAKRAS

- Study the ancient map of the Chakras and learn how they relate to practice and Dharma (Spiritual purpose in life).
- Study the relationship between Yantra (Geometry) and Mantra (Vibration) within the context of contemplation and Meditation.



200hr traditional hatha yoga home-study program



available to own NOW

lifetime access to 81 full length videos + 300pg manual

\$1799usd

PHILOSOPHY: STUDYING SACRED TEXTS, PLUS THE TANTRIC AND YOGIC WORLDVIEW

- To truly understand any Yogic text, we need four things: The correct translation of the text, the key commentary of the text, an unbroken lineage that holds the secret teachings hidden within the text and finally, a committed daily self-practice. Here you will find all four. Yoga Sutra and Bhagavad Gita will be two of the main texts covered in this program
- Thorough discussions around key principles such as Tantra, Power, Kundalini, Prana, Consciousness, Meditation, Soul and Destiny will run through all modules.

ETHICS: BEING AN AMBASSADOR FOR THE TRADITION

- Learn what it truly means to live a Yogic life.
- Learn the importance of self-accountability, unshakeable boundaries, humility and discipline as it relates to navigating life in the Yoga world.