



Living In Balance With The Environment

Module Description:

This module focuses on yoga as part of the environment and the role it plays in sustainable stewardship. Each teacher trainee in the program will teach yoga classes during the training to both their peers and public participants as part of the workshop time of the module. The theme of environmental connection and stewardship as part of the path of the Yogi will be discussed and analyzed through modern

and ancient texts.

Module Learning Objectives: To assist others in understanding that living an authentic life also brings with it a responsibility toward the planet and its advocacy.

Date: Tentative dates July 6-21, 2019

Location: Jaco, Costa Rica

Program Cost: Coming soon!

Cost Includes: Transfers to and from San Jose International Airport; lodging for 16 nights; 3 daily meals; all yoga programming; transportation, guide and admittance to Manuel Antonio, National Park, and snorkeling adventure or other specified group excursion.

Cost Does Not Include: Training textbooks, materials, airfare and incidentals.

Space is Limited; Reserve Your Spot Early.

\$500 Deposit per person, Cash or Check Only, to Reserve Your Spot. Balance Due/Final Payment, Cash or Check Only. **Deposit due: February 1, 2019. Final Payment due: May 1, 2019.**