



INTERMEDIATE
INTEGRAL YOGA
TEACHER TRAINING
with
SWAMI ASOKANANDA
14 MARCH - 3 APRIL 2010
(3 week residential course)



Are you and your students ready to
go further in your yoga practice?
Are you wanting to learn more advanced asanas,
go deeper into pranayama and meditation?
Are you yearning to give more to your
Integral Yoga students?

This course will enhance your development as an
Integral Yoga teacher
and increase your capacity to serve your students.
Investment: 1,808 euro (includes fees, accommodation,
food, training manuals and diploma)

Swami Asokananda is one of Integral Yoga's most senior presenters.

A monk for over 30 years, he has the look of an ascetic, but the twinkle in his eye and his quick, down-to-earth wit show his New York City roots and his three decades of study with the great Yoga master [Sri Swami Satchidananda](#).

An excellent Hatha Yogi, he has been one of Integral Yoga's main Teacher Training instructors for over 25 years. He helped to develop and facilitates our Intermediate and Advanced Integral Yoga Hatha Teacher Training programs, which he has taught to students in many parts of the world.

He is also a scholar of the Bhagavad Gita. His popular classes and workshops on this great Indian scripture make it accessible and useful to modern spiritual seekers.

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