



Yoga Mountain Inc.

Wednesday Workshops and Monthly Modules

@Sukha arts Center: 76 Schraalenburgh Road — Harrington Park — NJ www.sukhaarts.com
201.768.2455

Our new Modules and Workshops are open to EVERYONE!

Perfect for those who: wish to sample our program before they join, are interested in continuing education, looking to deepen their knowledge of yoga or just need refresher. Previous graduates of Yoga Mountain will receive a discount.

Monthly Modules

Run the third weekend of every month
Saturday and Sunday 12:30-6:30

Module 1: Grounding and Centering

Module 2: Movement and Change

Module 3: Energy and Transformation

Module 4: Healing and Assimilation

Module 5: Creativity and Communication

Module 6: Intuition and Imagination

Module 7: Consciousness and Meditation

Wednesday Workshops

Every Wednesday from 6:30-9:30

WW will cover certain topics such as:

Techniques Training and Practice

Teaching Methodology

Anatomy and Physiology

Yoga Philosophy

Yoga lifestyle and Ethics

Practicum

Pricing*

Monthly Modules

Saturday: \$150

Sunday: \$150

Wednesday Workshops: \$60

Our Monthly Modules and Wednesday Workshops satisfy the Contact Hours that are required by Yoga Alliance.

PLEASE visit www.yogamountain.com or www.sukhaarts.com for more information and to find a workshop today!

**Yoga Mountain Graduates pay \$40 for Wednesday Workshops and \$100 each day for Monthly Modules.*