JEANNEHEILEMAN

LEVEL 1 | JANUARY 5-6 & 12-13 • LARCHMONT OR APRIL 13-14 & 20-21 • SOUTH BAY LEVEL 2 | OCTOBER 5-6 & 19-20; DECEMBER 7-8 & 14-15 • TARZANA \$495 Level 1 | \$895 Level 2 | \$1,195 Full Program



MASTER TRAINING IN SUBTLE BODY A TANTRIC JOURNEY TO THE INNER LAYERS OF YOGA

Just as the body has to be soothed to work with the poses, the inner layers need to be soothed to work with what's underneath. Only when the activities of the mind are tranquil can we start to move through the gateway towards the soul.

The body is a materialization of what's happening on an energetic and mental level.

This training is in the subtle realm of yoga which includes the Pranic Life Force Body, the Mental Layer's vibrations that affect how the rest of the body operates, and Buddhi, the higher intelligence within each of us.

It's ideal for yoga teachers and devoted yogis who are looking to take their practice to the next level. Students should have steady asana experience that permits them to turn their attention away from general alignment and towards inner transformation.

TO REGISTER, VISIT YOGAWORKS.COM OR CALL 310.664.6470 X125



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SHAKTI! LEVEL 1 • 16 HOURS (2 WEEKENDS) • \$495

A yogi is one whose spine is full of energy.

The Pranayama Koshas • 2 date/location options to choose
January 5-6 & 12-13 • Saturday/Sunday 1:30-5:30pm • Larchmont
April 13-14 & 20-21 • Saturday 12-4pm • Sunday 1-5pm • South Bay

The Hatha Yoga Pradipika explains that to control your mind, you must control your breath. Once we control our breath, then we can use it as a tool for greater transformation. This level focuses on the Pranic Life Force in the body. Yogis will learn how to identify energy, build it and use it wisely.

Students will gain:

- in-depth knowledge of the Five Pranas and how each can affect a practice
- use of the Nadis and Swara Yoga
- Pranayama practices from the Himalayan mountains
- in-depth practices with Chakras and learn Kriyas to begin opening energy along the central channel

BUDDHI LEVEL 2 • 32 HOURS (4 WEEKENDS) • \$895 I am not my thoughts. I am THAT which observes those thoughts.

The Manomaya Kosha and the Vinamaya Kosha

October 5-6 & 19-20; Dec 7-8 & 14-15 • Saturday/Sunday 1-5pm • Tarzana

Controlling thoughts is one of the most difficult forms of practice and also the most powerful. Tantrics believe in using thoughts, even difficult ones, as a vehicle for higher transformation. They are vibrations that affect our breathing resulting in our body's condition, and they affect our words and actions, which ripple into our destiny.

This level teaches students:

- how to use vibration as a practice, not only in meditation but also in asana
- the art of Maha Mudra and Tantric Kriyas to guide the student towards their individual Buddha
- the skill of Prana Dharana, a Tantric practice of harnessing energy into a force of focus that can eventually lead to healing and creation
- special meditations that are not taught in public classes

Jeanne Heileman, M.A., E-RYT 500, is a level II certified ParaYoga teacher. She is a senior student of Rod Stryker, and has studied with him since 2000. She is a YogaWorks teacher trainer and mentor who teaches trainings and workshops all around the globe. Jeanne has been practicing yoga for over 26 years, studying closely with many of the most acclaimed teachers and styles. She has been teaching for 16 years at studios and privately in Los Angeles, and served three years as an adjust professor at USC. She is grateful to every single teacher who speaks through her and to the graceful wisdom from the teachings.

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