



LOTUS FEET RETREAT: YOGA TEACHER TRAINING-NEPAL



100, 200, 300, & 500
Hour Programs begin in
JUNE 2017!

**ALL-INCLUSIVE
PROGRAMS INCLUDE:**

Meditation\ Yoga with
teachers from
Nepal, India & USA!

- Cottage style lodging
- Meals, Tea & Coffee
- Yoga Sutras
- Pranayama
- Meditation
- Yoga Nidra
- Anatomy & Physiology
- Sequencing
- Adjustments
- Study of Asana (alignment, benefits, modifications etc.)

Also Available:

REIKI*ACCUPUNTURE*WELLNESS DETOX* AYURVEDIC
HEALING*TEMPLE TOURS*HIKING ADVENTURES and
MORE!!!

Join us in our little piece of heaven



surrounded by the Himalayan Mountains
in **Kathmandu Nepal!**



Dutchess Yoga Studio

1575 NY-376, Wappingers Falls, NY 12590

845-902-8206



Our TT certifications are coordinated by **Sandy of Dutchess Yoga Studio** & internationally recognized and approved by **Universe Yoga Alliance**. Programs are open to those students looking to deepen there practice or students seeking to take the next step and become an instructor.

