

Tibetan Heart Yoga Teacher Training: Series 2

Mira Shani & Brandy Davis

**SERIES 2: Mahamudra (The Great Seal)
with meditations on the six flavors of emptiness**



Mira Shani



& Brandy Davis

Become part of a yoga-teaching lineage dating back to 1100 AD. This venerable practice, translated from the original Tibetan texts, integrates the 8-limb path, physical asana and spirituality.

Tibetan Heart Yoga connects you to the source of yoga. It feels exotic, yet strangely familiar, and very empowering.

Date & Time: Thursday, December 10th – Sunday, December 13th

Location: Zuda Yoga—Sacramento, CA

Cost: \$250

Tibetan Heart Yoga is a practice where one works from the inside and the outside. One works from the inside with meditation and from the outside with pranayama, asana, and ethical practices.

The Tibetan Heart Yoga lineage traces its roots back through Tibet to ancient India. It is a compassion and wisdom based practice that weaves philosophy, meditation, and breath work with the physical postures. If you are looking to set your practice on fire with authentic teachings taken directly from the ancient texts and masters, All levels encouraged.

Tibetan Heart Yoga is a set of ten distinct Series. Each Series is a combination of yoga practice and philosophy, in a 20+ hour Course. YSI offers Accreditation for each Series.

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For More Information contact Brandy Davis at 530-542-5050 or www.zudayoga.com