



MYTHICAL
HEALINGS

PRANIC AWAKENING

2025 CURRICULUM



Enliven Your Lifeforce with Yoga and Ayurveda

- Schedule & Modules
- Learning Elements
- Next Steps & Outcomes

Instructor Lisa Moore, C-IAYT, E-RYT 500



Weekend Schedule: 9 Modules

May 17-18	<p>Classical Yoga and Ayurveda: Foundational Philosophy and Practices</p> <p><i>How did I get here, what am I made of and how do I survive?</i></p>
June 14-15	<p>Sacred Traditions and Anatomical Foundations of Yoga Practice</p> <p><i>The care and feeding of your spine, dosha and energy body.</i></p>
July 12-13	<p>Yogic Journey: Integrated Pathways to Personal Transformation</p> <p><i>Digest Everything: breath, fire and pranic flow.</i></p>
Aug 9-10	<p>Ayurvedic Alchemy: Cultivating Wholeness Through Ancient Wisdom</p> <p><i>Blasting energy blocks and finding balance.</i></p>
Sept 6-7	<p>Weaving Balance: Harmonizing Mind and Body</p> <p><i>Opposites attract: Weaving Ayurveda and Yoga.</i></p>
Oct 4-5	<p>Cosmic Rhythms: Harmonizing Sound, Energy & Daily Cycles for Holistic Wellness</p> <p><i>Syncing with the Universe: sound and chronobiology.</i></p>
Nov 1-2	<p>Lunar Healing: Yoga & Practices for Emotional Resilience</p> <p><i>Elevate Mood: yoga for behavioral health and trauma.</i></p>
Nov 15-16	<p>Sacred Stewardship: Balancing Power, Ethics, and Authentic Offerings in Yoga Practice</p> <p><i>Stepping into Your Power: ethics, business offerings.</i></p>
Dec 6-7	<p>Radiant Journey: Embodying & Sharing Your Yogic Path with Sustainable Grace</p> <p><i>Go forth and share your wisdom!</i></p>

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NEXT STEPS



SAVE THE DATES

Mark Your Calendar

MAY



JUNE



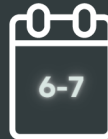
JULY



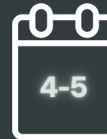
AUGUST



SEPT



OCT



NOV



DEC



Questions?

Book a Q & A Session:

 [Access Calendar](#)



INSTRUCTOR

Lisa Moore

C-IAYT, E-RYT 500



Reserve Your Space.

<https://bit.ly/mythical-events>



**Class size is limited
to 12 spaces.**

**\$200.00 Deposit*
holds your space.**

*Non-refundable Deposit.