



MYTHICAL
HEALINGS

PRANIC AWAKENING

2027 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

Jan 9-10	Classical Yoga and Ayurveda: Foundational Philosophy and Practices <i>How did I get here, what am I made of and how do I survive?</i>
Feb 6-7	Sacred Traditions and Anatomical Foundations of Yoga Practice <i>The care and feeding of your spine, dosha and energy body.</i>
Feb 20-21	Yogic Journey: Integrated Pathways to Personal Transformation <i>Digest Everything: breath, fire and pranic flow.</i>
Mar 6-7	Ayurvedic Alchemy: Cultivating Wholeness Through Ancient Wisdom <i>Blasting energy blocks and finding balance.</i>
Mar 20-21	Weaving Balance: Harmonizing Mind and Body <i>Opposites attract: Weaving Ayurveda and Yoga.</i>
Apr 10-11	Cosmic Rhythms: Harmonizing Sound, Energy & Daily Cycles for Holistic Wellness <i>Syncing with the Universe: sound and chronobiology.</i>
May 1-2	Lunar Healing: Yoga & Practices for Emotional Resilience <i>Elevate Mood: yoga for behavioral health and trauma.</i>
May 15-16	Sacred Stewardship: Balancing Power, Ethics, and Authentic Offerings in Yoga Practice <i>Stepping into Your Power: ethics, business offerings.</i>
Jun 5-6	Radiant Journey: Embodying & Sharing Your Yogic Path with Sustainable Grace <i>Go forth and share your wisdom!</i>

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



PRANIC AWAKENING

NEXT STEPS



SAVE THE DATES

Mark Your Calendar

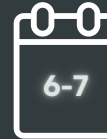
JAN



FEB



MAR



MAR



APR



MAY



MAY



JUN



Questions?

Book a Q & A Session:

info@MythicalHealings.com



INSTRUCTOR

Lisa Moore

C-IAYT, E-RYT 500



Reserve Your Space.

Sat & Sun 9am-530pm
Class size is limited
to 12 spaces.

\$200.00 Deposit*
holds your space.

*Non-refundable Deposit.

Cost: \$2950
Payment Plans Available