



# 100 HR 10 DAY INTENSIVE INDY AUGUST 11-20, 2017

- ★ 70+ hrs of in-depth study; 30+ hrs yoga to keep it fresh.
- ★ Open to the public, teachers, + teacher trainees.
- ★ Credits toward teacher training and CEU's.

Fr 8/11 330-9p orientation \* 8/12-19 7:30a-9p w/ breaks each day  
 Su 8/20 8a-330p w/ break \* 8/12-19 option: shorter 9a-530p days  
 Enroll in person, phone 317-405-8248, email [santosha.school@gmail.com](mailto:santosha.school@gmail.com)  
 Coupons available at Monumental Yoga will be for Early Bird pricing

PRICING OPTIONS		monthly autopay member	regular
payment plans accepted - ask by email <i>(10% discount for monthly autopay members)</i>			
<b>WORKSHOPS \$15/hr</b> discounts for >20 hrs			
<b>EARLY BIRD</b>	by 5/31	\$630	<b>\$700</b>
<b>SLEEPY BIRD</b>	by 6/30	\$720	<b>\$800</b>
<b>SLOW TO COMMIT</b>	by 7/31	\$810	<b>\$900</b>
<b>AT LEAST IM COMING</b>		\$900	<b>\$1000</b>

AUG.	730 / 8a	830a	9 - 11a	1230- 330p	330 - 530p	530p	6p	8p
F 11					welcome	yoga	breathe	evening program
Sa 12	yoga	-	yoga lab	ayur-veda	yoga therapy	breathe	yoga	evening program
Su 13	yoga	-	lab	ayur	therapy	breathe	yoga	evening program
M 14	yoga	breathe	lab	ayur	therapy	breathe	yoga	evening program
T 15	yoga	breathe	lab	ayur	therapy	breathe	yoga	evening program
W 16	yoga	breathe	lab	ayur	therapy	breathe	yoga	evening program
Th 17	yoga	breathe	lab	ayur	therapy	breathe	yoga	evening program
F 18	yoga	breathe	lab	ayur	therapy	yoga	breathe	evening program
Sa 19	yoga	-	lab	ayur	therapy	breathe	yoga	evening program
Su 20	yoga	-	lab	close				<b>TOTALS</b>
72			18	27	18			9
30.5	9	2.5				5.5	13.5	

\* evening programs: yoga + ayurveda related and adapted to participants  
 \* all classes outdoors when possible to enjoy the summer  
[santosha-school.com](http://santosha-school.com) 317-405-8248 [santosha.school@gmail.com](mailto:santosha.school@gmail.com)

अथयोगानुशासनम्  
**atha-yoga-anuśāsanam**  
 "now-union-sequential teaching"

sanskrit philosophy



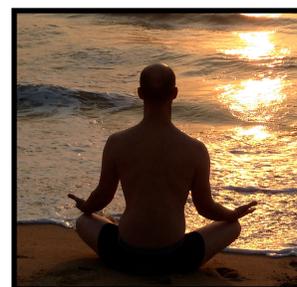
yoga alignment



bodywork



group ritual



meditation + breathing



ayurveda diet + lifestyle