

The ISHTA Bridge Program 2016-2017 (in conjunction with ISHTA TT204)

Correct as of 2.10.16. Dates are subject to change.

Session Topic	Date	Time
1. What is ISHTA?	Saturday, 8 October 2016	14:15h-16:00h
2. ISHTA Tantra	Sunday, 30 October 2016	15:30h-17:30h
3. Introduction to the Seven Segments	Saturday, 5 November 2016	14:30h-16:30h
4. ISHTA Kriya	Sunday, 27 November 2016	14:30-16:00h
5. Intro. to the Energetic Bodies & Chakras	Sunday, 27 November 2016	16:00-17:30h
6. Shakti, Prana, Pranayama	Friday, 2 December 2016	18:00h-20:00h
7. Pranayama Techniques I	Saturday, 3 December 2016	17:00-19:00h
8. Introduction to Ayurveda	Sunday, 4 December 2016	14:30h-16:30h
9. Pranayama Techniques II	Friday, 13 January 2017	18:00h-20:00h
10. Principles of ISHTA Sequencing	Saturday, 14 January 2017	17:00h-19:00h
11. ISHTA Meditation	Sunday, 22 January 2017	14:30h-16:30h
12. Meditation Techniques	Friday, 10 February 2017	18:00h-20:00h
13. The Health Benefits of Meditation	Saturday, 11 February 2017	17:00h-19:00h
14. How to Teach Meditation	Sunday, 12 February 2017	14:00h-16:00h
15. Introduction to Essential Oils	Sunday, 12 March 2017	14:30-17:30h

- The price of the Bridge Program for 2016-17 is **500 EUR**.
- If joining the ISHTA 300-hour program in Berlin, you will receive a 50% rebate applied to the cost of your 300-hour training tuition.
- Some sessions may be attended on a drop-in basis. When available, these sessions are priced at 35 EUR in advance / 40 EUR day-of.
- For more information, to sign up, or to check the most up-to-date scheduling information, please email julie@julieblumenthal.com.