

The ISHTA Principles Program 2019-2020 (in conjunction with ISHTA TT206)

Correct as of 26.11.19. Dates are subject to change.

Session Topic	Date	Time
1. What is ISHTA?	Saturday, 23 November 2019	14:15h-16:00h
2. Introduction to the Seven Segments	Friday, 6 December 2019	18:00-20:30h
3. ISHTA Tantra	Saturday, 7 December 2019	16:30-18:30h
4. ISHTA Kriya	Sunday, 8 December 2019	14:00-15:30h
5. Intro. to the Energetic Bodies	Sunday, 8 December 2019	15:30-17:00h
6. Introduction to the Chakras	Sunday, 15 December 2019	14:00-15:15h
7. Shakti, Prana, Pranayama	Friday, 17 January 2020	18:00-20:00
8. Pranayama Techniques I	Saturday, 18 January 2020	14:00-16:00h
9. Introduction to Ayurveda	Sunday, 19 January 2020	14:00-16:00h
10. Pranayama Techniques II	Friday, 7 February 2020	18:00-20:00h
11. Principles of ISHTA Sequencing	Saturday, 8 February 2020	14:00-16:00h
12. The Health Benefits of Meditation	Sunday, 9 February 2020	14:30-16:30h
13. ISHTA Meditation	Friday, 21 February 2020	18:00-20:00h
14. Meditation Techniques	Saturday, 7 March 2020	17:00-19:00h
15. How to Teach Meditation	Sunday, 8 March 2020	14:00-16:00h

- The price of the ISHTA Principles Program for 2019-20 is **450 EUR**.
- Trainees joining the ISHTA 300-hour program in Berlin receive a 50% rebate applied to 300-hour training tuition.
- Some sessions may be attended on a drop-in basis. Drop-in pricing is €25 for sessions up to 1.5 hours, €30 for sessions over 1.5 hours.
- Each session builds on previous material. Some later sessions require previous attendance.
- For more information, to sign up, or to check the most up-to-date scheduling information, please email julie@julieblumenthal.com.