Sunlilyoga is hosting:

*Asanas as Spiritual Doorways*

This 34 hour programme is open to yoga teachers and experienced students who

wish to explore spirituality through an asana based practice.

~~~~~~~~~~~~~~

In the ancient Tantric Hatha Yoga traditions, yogis developed and practiced asanas as part of a biologically based spiritual technology. They practiced specific breathing patterns, internal focal points, and visualizations for the purpose of inducing spiritual experiences. They raised their biological energy (prana) to very high states, causing transformation in perception and experience of Self. Most ancient yoga texts, including the Bhagavad Gita and Patanjali’s Yoga Sutra, were based on these experiences of altered states of consciousness. In this programme, **Yoganand Michael Carroll**, will use Swami Kripalu’s approach to asana to explore lesser-known techniques that can be used to enrich the practice of yoga.

~~~~~~~~~~~~~~~~~~~~~~~~~~~~~

Dates: Friday, January 31-Tuesday, February 4, 2020

Programme times: Friday 6-9:30 pm

Saturday – Tuesday 9:00 am – 6:30 pm

Cost: Full Price - **$885.00** CDN

Early bird 1 - November 1/19 - **$695.00**

Early bird 2 - December 1/19 - **$750.00**

Location: Sunlilyoga, Richmond Hill, Ontario

More info and to register: [aida@sunlilyoga.ca](mailto:aida@sunlilyoga.ca), 905-770-9210

**Yoganand Michael Carroll, E-RYT, YACEP**

Yoganand founded Pranakriya Yoga in 2005. He is a Master-Level teacher in the Kripalu Yoga tradition. Through many years of intensive study and practice of Swami Kripalu’s work, Yoganand has gained a profound ability to distill and interpret esoteric yoga texts and techniques.

After studying with Kripalu Yoga masters in India and America, Yoganand taught at the Kripalu Center for more than 15 years before founding Pranakriya Yoga, which he developed from the original teachings of Swami Kripalavandaji and reconfigured to meet the needs of Western yogis in today’s world without

taking away from the ancient teachings.

Yoganand serves as the Founder and Dean of Curriculum for the Pranakriya School of Yoga Healing Arts, leads trainings and retreats around the country and world and works to keep the history of Tantric Hatha Yoga alive. Students will find that Yoganand teaches from a place of deep experience and learning and that he shares his understanding in ways that allow them to cultivate and experience greater vitality in their own lives. Yoganand is registered with the Yoga Alliance as an E-RYT500 level teacher and is a member of the International Association of Yoga Therapists – IAYT.