

The ISHTA Bridge Program 2017-2018 (in conjunction with ISHTA TT205)

Correct as of 3.10.17. Dates are subject to change.

Session Topic	Date	Time
1. What is ISHTA?	Friday, 6 October 2017	17:45h-19:30h
2. ISHTA Tantra	Sunday, 9 October 2017	14:00-16:00h
3. ISHTA Kriya	Sunday, 9 October 2017	16:00-17:00h
4. Introduction to the Seven Segments	Sunday, 5 November 2017	10:30-12:30h
5. Intro. to the Energetic Bodies & Chakras	Sunday, 19 November 2017	14:30-17:00h
6. Shakti, Prana, Pranayama	Friday, 1 December 2017	13:00h-15:00h
7. Pranayama Techniques I	Friday, 1 December 2016	15:00-17:00h
8. Introduction to Ayurveda	Sunday, 3 December 2017	13:30-16:00h
9. Pranayama Techniques II	Friday, 12 January 2018	15:00-17:00h
10. Principles of ISHTA Sequencing	Saturday, 13 January 2018	17:00-19:00h
11. ISHTA Meditation	Friday, 9 February 2018	17:00-19:00h
12. The Health Benefits of Meditation	Saturday, 10 February 2018	17:00h-19:00h
13. Meditation Techniques	Sunday, 11 February 2018	15:00-17:00h
14. How to Teach Meditation	Sunday, 18 February 2018	09:00-11:00h
15. Introduction to Essential Oils	TBA Spring 2018	

- The price of the Bridge Program for 2017-18 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.