

# The ISHTA Bridge Program 2020-21 (in conjunction with ISHTA TT207)

*Correct as of 16.10.20. Dates are subject to change.*

## FIRST TRIMESTER (OCT-DEC 2020)

Session Topic	Date	Time
• What is ISHTA?	Friday, 30 October	14:15h-16:00h
• Introduction to the Seven Segments	Thursday, 19 November	18:00-20:30h
• ISHTA Tantra	Saturday, 21 November	14:00-16:00h
• ISHTA Kriya	Saturday, 21 November	16:15-17:30h
• Intro. to the Energetic Bodies	Saturday, 21 November	17:30-19:00h
• Introduction to the Chakras	Sunday, 22 November	14:00-15:30h
• Shakti, Prana, Pranayama	Thursday, 3 December	18:00h-20:00h
• Introduction to Ayurveda	Friday, 4 December	17:30-19:30h
• Pranayama Techniques I	Saturday, 5 December	14:00-16:00h

## SECOND TRIMESTER (JAN-MAR 2021 – Dates TBA)

- Pranayama Techniques II
- Principles of ISHTA Sequencing
- ISHTA Meditation
- The Health Benefits of Meditation
- Meditation Techniques
- How to Teach Meditation

- ❖ Tuition for the full Bridge Program for TT207 is **500 EUR**; most sessions may be attended on a drop-in basis, priced at 35-40 EUR per session.
- ❖ 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.
- ❖ For more information, to sign up, or to check the most up-to-date scheduling information, please email [julie@julieblumenthal.com](mailto:julie@julieblumenthal.com).