



Bliss And Wisdom; Yoga Therapy For The Innermost Self

November 18-20, 2016

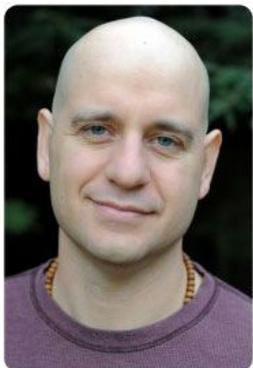
Garrison, New York

Join us for this Breathing Deeply Yoga Therapy retreat as we take a deep dive into the Wisdom and Bliss Bodies. Together these two koshas or sheaths make up the innermost layers of the self. At this Breathing Deeply Yoga Therapy retreat you'll integrate all aspects of your practice into a unified system, designed to help you find the natural peace and bliss within.

- Open and balance your intuition and heart
- Experience how meditation and self inquiry can lead to health and healing
- Expand with practical movement and breath based practices that work
- Connect to a welcoming community of yoga teachers/therapists from all over

This weekend retreat includes plenty of time for practice, lecture, and group work. We welcome yoga teachers looking to integrate meditation, deep inquiry, and heart-based practices into their own practice or into their work with others.

The Bliss and Wisdom Weekend addresses the Vijnanamaya and Anandamaya Koshas and is one of the 3 weekend retreats required for certification in the Breathing Deeply Yoga Therapy Program and for the first time we are opening it up to 200 hour certified yoga teachers to participate! Certification in Breathing Deeply Yoga Therapy is a year long, mostly online program with 3 retreats in Garrison, New York that may be taken in any order. Learn more and join at breathingdeeply.com.



Brandt Passalacqua is the creator of Breathing Deeply Yoga Therapy and Peaceful Weight Loss™ through Yoga. He has been enjoying the healing arts since 2002 after overcoming obesity and a life-threatening autoimmune illness. His practice and teacher trainings integrate Yoga Therapy in the tradition of Krishnamacharya and Structural Yoga Therapy, Thai Yoga Massage, Medical Massage and a variety of meditation lineages. For more information about Brandt and his teacher trainings, visit breathingdeeply.com and peacefulweightloss.com.