**Pralaya Teacher Training – Details to Weekend Intensives and Off-site Locations**

**SATURDAY, FEBRUARY 25, 2017**

Houston Yoga & Ayurvedic Wellness Center

13602 Kluge Rd, Cypress, TX 77429

(281) 256-8461

<http://www.houston-yoga-ayurveda.com>

***Time***: 9a-6p (please arrive 15-20 min early)

***Details***: Students can look forward to learning the basics of Ayurveda and it's application to yoga. Physical, mental & spiritual connections through Samkhya Philosophy, Doshas & subdoshas, pranayama and its effects on the sympathetic & parasympathetic system, dinacharya/daily routines. This will be taught Guru-Shishya learning style; it is very informal, mostly interactive, sitting, lying on the ground (no sleeping), or chairs. You will be inside or outside in nature - weather permitting. You will move around as needed.

You will learn to cook a tridoshic Ayurvedic lunch. Students can choose to bring their packed lunch if they prefer, or one vegetable of choice each. They will provide cooking utensils, spices, rice & sprouted beans. Students that have an interest in making ghee/medicinal-plain will have the option (time permitting) to bring along cultured butter and mason jars to take home finished product. Carpool recommended.

Hot tea, water and use of kitchen complementary.

***What to bring:*** comfortable clothes, yoga mat, Dr. Vasant Lad’s Ayurveda: The Science of Self-healing book, notebook, pens/pencils for note taking. No audio/video recording permitted.

**SATURDAY, MARCH 25, 2017**

***Location:*** Pralaya Yoga Studio, 2303 Dunlavy Street

***Time:*** 9a-11a & 1-5p

***Details:*** In the morning session, be prepared to practice. Robert will lead you through a session focused on the upper body. Then you will break for lunch to give you a chance to refuel and mingle with your fellow teacher trainees. The afternoon session will be mostly lecture and focus is on the lower body. You will move around.

***What to bring:*** Practice clothes, mat, notebook, pen/pencil, Muscle Premium 3D app, Touch for Health book.

**SUNDAY, MARCH 26, 2017**

***Location:*** Lara’s House, 11602 Monica Street, Houston, TX 77024

***Time:*** 12-3p

***Details:*** Relaxed Q&A session with Robert in garden setting to complete Anatomy & Physiology module while enjoying community time with your fellow teacher trainees.

***What to bring:*** This lunch is a potluck; please bring *any* dish of your choice. There is no set menu. Carpool recommended.

**SATURDAY, APRIL 22, 2017**

***Location:*** Pralaya Yoga Studio, 2303 Dunlavy Street

***Time:*** 9a-11a & 1-5p

***Details:*** In the morning session, be prepared to practice. Robert will lead you through a session focused on inversions and back-bends and the Pralaya methods. Then you will break for lunch to give you a chance to refuel and mingle with your fellow teacher trainees. The afternoon session will be mostly lecture and focus is on advanced postures. You will move around as well.

***What to bring:*** Practice clothes, mat, notebook, pen/pencil, Muscle Premium 3D app, Touch for Health book.

**SATURDAY AND SUNDAY MAY 20-21, 2017**

***Location:*** Blackwood Educational Land Institute

27144 Rock Island Rd

Hempstead, TX 77445

800.741.9158

<https://blackwoodland.org>

<http://blackwoodliving.com>

***Time:*** Saturday 9a – Sunday 4p

***Details:*** This is an overnight retreat with Robert Boustany who will be teaching you a breadth of Energetic practices from Pranayama, bandhas, meditation and all about stress and energy. This is an amazing opportunity to practice with Robert while enjoying the beautiful gardens and woods that make up Blackwood. We will have more details on what to bring and what to expect with regard to the daily schedule, food and lodging.

**SATURDAY, JUNE 24, 2017**

***Location:*** Pralaya Yoga Studio, 2303 Dunlavy Street

***Time:*** 9a-11a & 1-5p

***Details:*** In the morning session, be prepared to practice. Then you will break for lunch to give you a chance to refuel and mingle with your fellow teacher trainees. The afternoon session will be made up of lecture, movement and quizzing.

***What to bring:*** Practice clothes, mat, notebook, pen/pencil.