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# Montly Teacher Training Course

Posted by Antonyia - 2010/12/23 10:33

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Dear Friends, just share with you this beautiful Teacher Training Course take p0rt in the banks of Holy Ganga and Hug of Himalaya. Really change my life into good and new levels of purity, health and happiness.. Antonyia

Monthly Teacher Training, 200 hour level

11 areas of study:

- 1.Asana
- 2.Pranayama
- 3.Meditation
- 4.Bandhas
- 5.Mudras
- 6.Cleansing process
- 7.Anatomy and Physiology of Yogic Practice
- 8.Principles of Hatha Yoga
- 9.Yoga Philosophy
- 10.Teaching Practice
- 11.Mantra recitation.

Course include free Reiki I, II and III, aurvedic massage with experienced therapist, aurvedic food, good room hot shower, free internet, one out tour.

This course will be an important transformative experience in your life. You will start teaching with confidence, helping others learn about yoga, trough your own unique experience and voice. Also it is an opportunity to deepen your practice.

Course starts: 15 Jan to 14 Feb 2011 and 16 Feb to 15 of March 2011

Drop in classes and weekly certificate courses available

Contact: Sudhir Anand  
Bharat Sadhu Seva Ashram, Rishikesh, Phone: 0091 97361 63020  
e-mail: Shivayogapeeth@yahoo.com

For more information visit: <http://www.shivayogapeeth.com/>

Price of Course is 1050 \$ including food and room.

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## Re:Montly

Posted by assinnymoks - 2012/02/14 04:17

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213

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## Re:Montly

Posted by epikepeld - 2012/03/29 14:52

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x0iáú iĩñiòðáòü èàèèà-íeáóäü éiòáðáñíúá ñáðèàèü, ñááíáíý íá íáyçàðáèüíí èáðè íà ñááíñ á èèíðááòð èèè ñðí-íí iĩèóíàòü àèñè  
làèü-èòíèè 2: Iĩñèááíáá èñèóáíèá / Bachelor Party 2: The Last Temptation. Óàè æá ííæáðá íòáíèòü ðááíóó ðáæèññáðà á òèè  
Fantozzi. Á ííèáéí èèíðááòðá ííæíí òèèüüí ííèáéí ñiòðáòü ááñíèàòíí ááç ðáæèñðáòèè á òíðíòáí èà-áñòáá . Óàè æá ñiòðèòá

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## Re:Montly

Posted by epikepeld - 2012/04/04 19:27

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x0iáú iĩñiòðáòü èàèèà-íeáóäü óóáíæáñòááííúá òèèüüí, òáíáðü íá íáyçàðáèüíí èáðè íà ñááíñ á èèíðááòð èèè ñðí-íí iĩèíáðáòáò

īīēūçóéòáñū āāīūī īðāāēīæāīēāī ē ñīīððēòā ñāē-āñ òēēūī Æēòū. Òāē æā īīæāòā īòāīēòū ðāāīòò ñòāīàðēñòā ā òēēūīā īīēēòāē ñīīððēòā òēēūī Āēēçāy ē īðāēðāñīúē īðēīò / Sorellina e il principe del sogno. Āūā ñīāāòòāī īīñīīððāòū īīēāēī òēēūī Ēðāñīā īā āā

Re:Montly

Posted by kachecock - 2012/04/04 23:08

×òīāū īīñīīððāòū ēāēēā-īēāóāū āīēóīāīòāēūīūā ñāðēāēū, ñāāīāīy īā īāyçàòāēūīī ēāòē īā ñāāīñ ā ēēīīòāāòð ēēē ñðī-īī īīēóīāòū ā ēāæāīíò, òāē ÷òī īīēūçóéòáñū āāīūī īðāāēīæāīēāī ē āāñīēāòīī ñīīððēòā òēēūī Āðāīēòā īā çāīēā. Òāē æā īīæāòā īòāīēòū ðāāīòò ñāē-āñ òēēūī ĩā-òū āæāīòēūīāīā / Raju Ban Gaya Gentleman. Āūā ñīāāòòāī īīñīīððāòū īīēāēī òēēūī Īðāā-óāñòāēā ēpāāē / Nē

Re:Montly

Posted by epikepeld - 2012/04/05 08:26

×òīāū īīñīīððāòū ēāēēā-īēāóāū āīēóīāīòāēūīūā òēēūīū, ñāē-āñ īā īāyçàòāēūīī ēāòē īā ñāāīñ ā ēēīīòāāòð ēēē ñðī-īī īðēīāðāòāòū īīēūçóéòáñū āāīūī īðāāēīæāīēāī ē ñīīððēòā ñāē-āñ òēēūī ĩāðāāīā / Maradona by Kusturica. Òāē æā īīæāòā īòāīēòū ðāāīòò āē ðāāēñòðāòēē. Òāē æā āāñīēāòīī ñīīððēòā òēēūī ĩū ēç áóāóúāāī. Āūā ñīāāòòāī īīñīīððāòū īīēāēī òēēūī Nāēðāīūā ñīçāāīēy / Fī ñīīððāòū īòā-āñòāāīūā ĩāēīāðāīū 2011

Re:Montly

Posted by epikepeld - 2012/04/05 12:36

×òīāū īīñīīððāòū ēāēēā-īēāóāū ēñòīðē-āñēēā ñāðēāēū, ñāāīāīy īā īāyçàòāēūīī ēāòē īā ñāāīñ ā ēēīīòāāòð ēēē ñðī-īī īīēóīāòū āē āāīūī īðāāēīæāīēāī ē ñīīððāòū īīēāēī òēēūī Ēīēæīúē ĩāāççēī Āēyēā / 3 ñāçīī / Black Books. Òāē æā īīæāòā īòāīēòū ðāāīòò ðāæ Òāē æā ñīīððēòā òēēūī Ēāīēy ñāāòā. Āūā ðāēīīāīāóāī īīñīīððāòū āāñīēāòīī òēēūī Nīīāðīēòā / Āēāāāīēā / Tenure. ēīāēy òēēūī ñīīððāòū īīēāēī āāñīēāòīī

Re:Montly

Posted by kachecock - 2012/04/05 15:32

×òīāū īīñīīððāòū ēāēēā-īēāóāū ēīòāðāñīūā òēēūīū, ñāē-āñ īā īāyçàòāēūīī ēāòē īā ñāāīñ ā ēēīīòāāòð ēēē ñðī-īī īīēóīāòū āēñē ā īðāāēīæāīēāī ē ñīīððēòā āāñīēāòīī òēēūī Øòī ā ñāðāòā / Le soufflé au coeur. Òāē æā īīæāòā īòāīēòū ðāāīòò āēòāðīā ā òēēūīā ðāāēñòðāòēē. Òāē æā ñīīððēòā īīēāēī òēēūī ×āðīúē ĩēāù / Darkwing Duck. Āūā ðāēīīāīāóāī īīñīīððāòū òēēūī Āūā / More. ēēīī īīēāēī ñīīððāòū āāñīēāòīī āāç ðāāēñòðāòēē

Re:Montly

Posted by epikepeld - 2012/04/05 16:44

×òīāū īīñīīððāòū ēāēēā-īēāóāū ēñòīðē-āñēēā ñāðēāēū, ñāāīāīy īā īāyçàòāēūīī ēāòē īā ñāāīñ ā ēēīīòāāòð ēēē ñðī-īī īīēóīāòū āē òāē ÷òī īīēūçóéòáñū āāīūī īðāāēīæāīēāī ē ñīīððēòā ñāāīāīy òēēūī Āāāīīāū yāēītēē / Adams ?bler. Òāē æā īīæāòā īòāīēòū ðāāīòò òēēūīū īīēāēī āāñīēāòīī. Òāē æā ñīīððēòā īīēāēī òēēūī Āā-āāīē II, ēēē īòāāòīúē óāāð / Vabank II czyli riposta. Āūā ñīāāòòāī āāñ ēēīī īīēāēī ñīīððāòū āāñīēāòīī

Re:Montly

Posted by kachecock - 2012/04/06 05:27

×òīāū īīñīīððāòū ēāēēā-īēāóāū īīçīāāāòāēūīūā òēēūīū, ñāē-āñ īā īāyçàòāēūīī ēāòē īā ñāāīñ ā ēēīīòāāòð ēēē ñðī-īī īīēóīāòū āēñ



xoíaú iĩnĩòðáòü èàèèà-íeáóäü òóáíæáñòááííúá òèèüíü, òáíáðü íá íáyçàòáèüíí èäòè íà ñááíñ á èèíòáàòð èèè ñðí-íí iĩèóíàòü äè ñĩòðèòá ñáé-áñ òèèüí Àíàðèèáíñèèè iĩèòííàò / American Psycho. Òàè æá iĩæáòá íòáíèòü ðááíòó iĩáðáòíðà á òèèüíá Èíèíí: áíç èà-áñòáá íðèèèþ-áíèý. Òàè æá ñĩòðèòá òèèüí Óáðáòü íáðèñèí / Down Periscope. Áüá ñíááòóáí ááñíèàòíí iĩnĩòðáòü òèèüí òáíòáñòèèá ñĩòðáòü iĩèàéí ááñíèàòíí á òíðíøáí èà-áñòáá

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## Re:Montly

Posted by epikepeld - 2012/04/07 15:52

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xoíaú iĩnĩòðáòü èàèèà-íeáóäü áíèóíáíòáèüííúá ñáðèàèü, ñááíáíý íá íáyçàòáèüíí èäòè íà ñááíñ á èèíòáàòð èèè ñðí-íí iĩèóíàòü äè è ñĩòðèòá ááñíèàòíí òèèüí Ááðííèèá / Veronica. Òàè æá iĩæáòá íòáíèòü ðááíòó iĩáðáòíðà á òèèüíá Íàèüø / The Kid. Á iĩèàéí èè Entebbe. Áüá ñíááòóáí iĩnĩòðáòü òèèüí Íòíüàèüíáy ááñòðíèü «Áððèñòá».

ñĩòðáòü iĩèàéí òèèüí íðí íòá-áñòááíííóþ áíèíó

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## Re:Montly

Posted by kachecock - 2012/04/07 18:45

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xoíaú iĩnĩòðáòü èàèèà-íeáóäü èíòáðáñííúá òèèüíü, ñáé-áñ íá íáyçàòáèüíí èäòè íà ñááíñ á èèíòáàòð èèè ñðí-íí iĩèíáðáòü äè èàæáííó, òàè ÷òí iĩèüçóéòáñü ááíííü íðááèíæáíèàí è ááñíèàòíí ñĩòðèòá òèèüí Àíàçííèý / Schiave bianche: violenza in Amazzonia ááñíèàòíí è ááç ðááèñòðáòèè á òíðíøáí èà-áñòáá. Òàè æá ñĩòðèòá ñááíáíý òèèüí Ííááy Øáðáðáçááá. Áüá ðáèííáíóáí iĩnĩòðáòü èíáèèñèèá íáèíáðáíü ááñíèàòíí ááç ðááèñòðáòèè ñĩòðáòü

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## Re:Montly

Posted by epikepeld - 2012/04/07 21:06

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xoíaú iĩnĩòðáòü èàèèà-íeáóäü èñòíðè-áñèèá ñáðèàèü, òáíáðü íá íáyçàòáèüíí èäòè íà ñááíñ á èèíòáàòð èèè ñðí-íí iĩèíáðáòü äè ñòàèí áíñòóííí èàæáííó, òàè ÷òí iĩèüçóéòáñü ááíííü íðááèíæáíèàí è ñĩòðèòá ááñíèàòíí òèèüí Ñèíèà íí-è. Òàè æá iĩæáòá íòáíèòü iĩèàéí ñĩòðáòü ááñíèàòíí. Òàè æá ááñíèàòíí ñĩòðèòá òèèüí Ááòè íáááñ / Bacheha-Ye aseman. Áüá ðáèííáíóáí iĩnĩòðáòü òèèüí ñĩòðáòü òèèüíü iĩèàéí ááñíèàòíí ááç ðááèñòðáòèè ýðíòèèá

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## Re:Montly

Posted by kachecock - 2012/04/07 23:54

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xoíaú iĩnĩòðáòü èàèèà-íeáóäü áíèóíáíòáèüííúá ñáðèàèü, òáíáðü íá íáyçàòáèüíí èäòè íà ñááíñ á èèíòáàòð èèè ñðí-íí iĩèóíàòü äè ÷òí iĩèüçóéòáñü ááíííü íðááèíæáíèàí è ñĩòðáòü iĩèàéí òèèüí Áàèòí 2: Á iĩèñèàð áíèèá / Balto: Wolf Quest. Òàè æá iĩæáòá íòáíèòü èèí iĩèàéí ñĩòðáòü ááñíèàòíí. Òàè æá ááñíèàòíí ñĩòðèòá òèèüí Íáðóááy òèøèíá / Dead Silence. Áüá ðáèííáíóáí iĩnĩòðáòü áá ñĩòðáòü òèèüíü iĩèàéí ááñíèàòíí ááç ðááèñòðáòèè ýðíòèèá