

Whitman Wellness School of Yoga
900 Hour Yoga Mastery Program
Mastery of Kosas

Faculty: Lee-Ann Trigler

Overview:

We will develop mastery of the kosas, by delving into the concept that we are all multidimensional beings and therefore holistic health practices and therapies must also be multidimensional. Our aim is to explore the full extent to which the ideas and practices of yoga tradition can be applied and used as tools for transformation in our lives and in the lives of others. We will explore philosophical ideas of the yoga tradition. Encompassing a full understanding of the five dimensions of the human system, the kosas, will be our main focus. We will then explore practices through which each dimension can be explored and be beneficial to the practitioner and the client.

Learning Outcomes:

- Immerse deeply into the ancient teachings and practices for healing the body, mind, and heart.
- Immerse deeply into the exploration of the five kosas.
- Recognize and eliminate the root causes of suffering through a transformation of practice.
- Develop an art of appropriate application adapting the individual to the practice of either a therapeutic, developmental, preventative or transcendental approach
- Create a personal practice and implement these practices with clients, groups or workshops or certification programs.

Total Hours: 16+

Expectation:

At the completion of this weekend student will have gain knowledge and experiential practice for working with clients, groups, and diverse populations. Applying the ancient teachings and practices within the context of the kosas will be a main focus.

Course Organization:

Course will be didactic and experiential, working with each other to create confidence and ability. We will incorporate pranayama, asana, meditation.

Course Materials:

We will be using Power Point, handouts, and students working with each other.

Faculty Bio: Lee-Ann is a business owner, a happily married woman since 1974, a dedicated mother of 3 children, and 3 grandchildren, and a sincere learner in the lessons of life. She is co owner of Whitman Wellness Center, which opened its doors in 2010. Previously she owned and operated the Hanson Holistic Center for 12 years. Lee-Ann discovered her passion for teaching in the educational system as a certified secondary teacher. She continues to share her passion with yoga students at the Whitman Wellness Center and has been teaching Yoga since 1997.

A Yoga Therapist and Instructor of Teachers at Whitman Wellness School of Yoga, Lee-Ann instructs both at the 200 Hour Yoga Training, 300 Hour Advanced Yoga Training and 900 Hour Yoga Mastery Certification.

