

Zen Yoga
200 Hour Master's Path Training

Yoga Center of Cape Cod
Players Plaza, 1604 Rte 6A (P.O. Box 58)
East Dennis, MA 02641



Course of Study

- Live Zen Yoga Training. 200-contact hours total including:
- Master's Path classes at the Yoga Center of Cape Cod
- Zen Wellness Immersions in Phoenix, Kauai and Boston.
- On-line interactive classroom including:
- Weekly interactive calls with Master Teacher Michael Leone (listen live or with a MP3 download)
- Weekly LIVE on line Medical Qigong Classes with certified instructors (participate live or via replay)

Curriculum

The Golden Chi Ball

Yin-Yang theory
Creating the brass basin
Finding the three hearts
Opening the small circuit
Leading the golden chi ball

Five Element Zen Yoga

Five element theory
5 Elemental healing sounds
Zen Wellness five animal chi gong
Zen Wellness five elemental standing chi gong
The three treasures of the Tao: Jing-chi-shen

Zen Yoga / 8 Pieces of Brocade

What are the nine gates?
Introduction to the twelve meridians
Three hearts and nine gates
Man, heaven and earth meridian breathing



This course can be completed with a combination of classes at the Yoga Center of Cape Cod, on-line live classes, on-line live lectures, and immersions in Boston, Phoenix or Kauai.

**For information and application
call 508-385-8034 or e-mail lynnette@zenwellness.com**