



The blissipline
Inner Power Yoga

Welcome to the bliss. Tribe!

The blissipline TRIBE is a community of yoga-loving individuals:
all graduates of the Yoga World Reach Seva School.

The style of Yoga we practice is called Inner Power Yoga®. It is an adaptive form of interdisciplinary yoga that takes into consideration the whole person as an individual. We call it “the blissipline” because we practice the discipline fundamentals of yoga to open ourselves to a fun and blissful experience of our own True Nature.

Yoga Alliance

Once you have graduated from the 200 hour Training, you are eligible to register with the Yoga Alliance as a RYT-200. Visit: www.yogaalliance.com for more information.

Continuing Support and Education

As a Yoga World Reach 200 hour graduate you are invited to share in any Inner Power Yoga® continuing education classes* or workshops presented by Yoga World Reach free of charge within the first year of your graduation. You will also be permitted to repeat the 200 hour Teacher Training: The Art of Adaptation, in part or in full, free of charge, anytime it is offered. You have your own registration process for all free and discounted workshops on the bliss. TRIBE message board. This is where we connect and communicate as a tribe. Use your passcode to login.

* does not include Yoga Rocks events or Teacher Training limbs

Realize, Experience, and Celebrate Your True Nature!

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The Yoga World Reach Seva School is developing Inner Power Yoga® Teacher Training opportunities that will take our STF's to the 800 hour education level.

They will include three 100-hour training limbs that may be taken in any order:

Art of Asana

A 100 hour Teacher Training limb devoted to intimately connecting with and learning to teach more than 150 asanas. We will also deeply explore the Anatomy of the Anamaya Kosha, or physical body, as it relates to asana practice. This will be a preparatory stage towards understanding and applying structural Yoga Therapy.

Jnana Wisdom

This is an opportunity to journey through the sacred texts in a deeply satisfying way. We will awaken our Vijnanamaya Kosha, or Wisdom Body; by exploring a selection of texts that fuel and inform our practice of Yoga, inspire our hearts, and free our minds.

The Undercurrent

Take a dive into the Pranamaya Kosha, or Subtle Energy Body. We will explore the psychology of the chakras, and how to effectively utilize the bandha and pranayama practices to ignite the power of our inner fire and dance with our inner winds. This will be a preparatory stage towards understanding and applying organic and vital Yoga Therapies.

Trayadala Yoga Therapy

Beyond this, we envision offering a 300 hour Yoga Therapy Program by the year 2013. This program will include an exploration of the three petals of Yoga Trayadala: Structural, Organic, and Vital Yoga Therapy.

The 200 hour Art of Adaptation Training will be the prerequisite for each of these future offerings.

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