

WALK THE 8 FOLD PATH  
SHELLEY CUMMINS SHEHAB

# BECOME AN 8 FOLD PATH YOGA TEACHER



YOGA CLASSES ENCOMPASSING  
ALL OF YOGA FOR A JOURNEY INTO  
THE UNBOUND & FREE

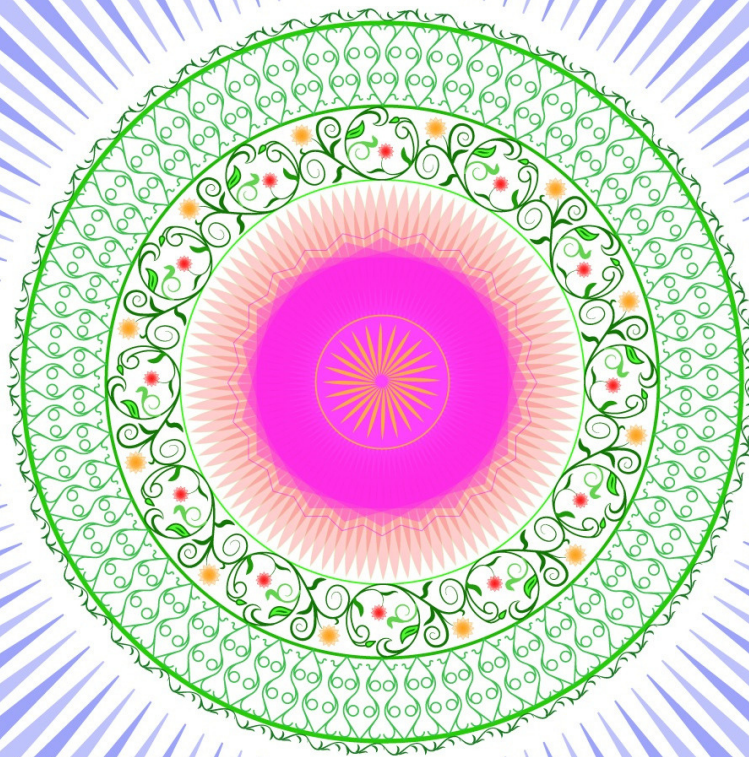
50 hr training certification course

- Teach 8 Fold Path Yoga classes, events and retreats
- Integrate 8 Fold Path into current teaching style
- Personal deepening on your path

prerequisite 200 hr teacher training

[walkthe8foldpath.com](http://walkthe8foldpath.com)





## 8 FOLD PATH YOGA TRAVELS:

Yamas ~ awareness of challenges

Niyamas ~ walking into solutions

Asanas ~ taking a stance

Pranayama ~ breathing, refining body & mind

Pratyahara ~ perceiving from within

Dharana ~ single point focused concentration

Dhyana ~ meditation, absorption of all there is

Samadhi ~ bliss, happiness for no reason at all

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