

Sijahk Yoga™ 2013 Adventure Program Description

Adventure Circuit:

Level I

Appropriate for those new to yoga. A variation of the Sijahk Yoga™ form will be reviewed and tailored to individual's practices and needs. Focus will be on relaxing and restoring the body and mind to a state of balance.

For seasoned yoga practitioners, these workshops are more therapeutic in nature and present an opportunity to reflect on your current practice and make adjustments. It is Sijahk Yoga's™ philosophy that a balanced practice is the best practice. Therefore, we have included a level that encourages rest and reflection as a necessity to a greater whole.

Level II

Appropriate to participants who are familiar with yoga or taekwondo. Sijahk Yoga™ form, taekwondo stances, techniques, and kicks will be reviewed.

Adventures will be thrilling and some require physical, mental, or emotional exertion such as climbing, standing on high platforms, balancing on objects in the air (of course, you will be harnessed in for safety!! ☺), rappelling, and zip lining.

Group Consultation

Upon entering a Sijahk Yoga™ adventure program, participants meet in a group with a staff member to briefly set goals for their day.

Ceremony

Rank belts are awarded based on the classes you attend in the adventure circuit. Each participant has a Personal Achievement Card where their classes and goals are listed. New ranks are achieved as adventures are attended, forms are learned, and goals are completed.

Participants of the adventure circuit who complete all three classes in a series will be given the opportunity to earn a belt. The cost of this ceremony is \$30.

Note: Participants who are unable to complete a full series may earn a belt when they have completed 3 adventures, demonstrated knowledge of a chosen form, and achieved personal goals.