

WEAVE IT IN

A KATONAH YOGA®
SELF MASTERY
ONLINE PROGRAM
BY RENI BICKEL &
AYLIN KARADAYI

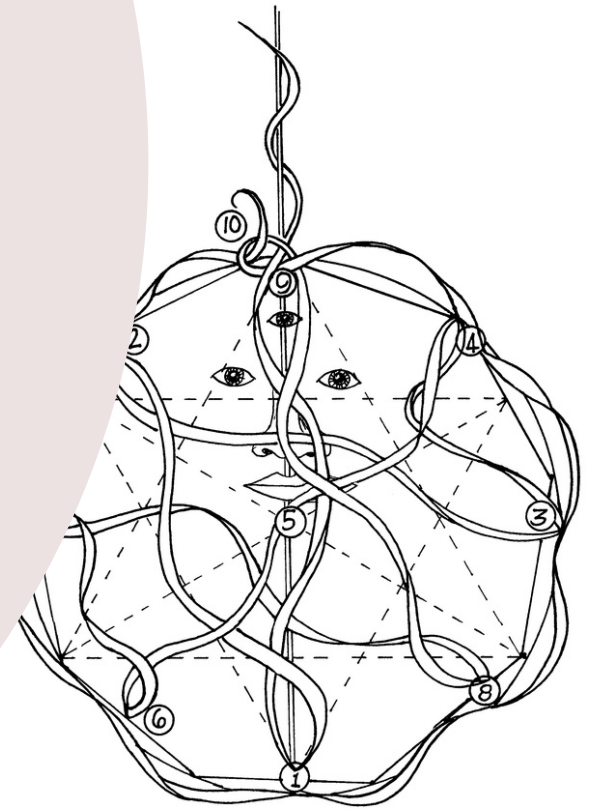
YOUR GOLDEN THREAD

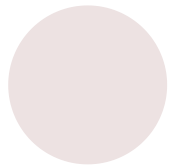
ROOT. RESPOND. EXPRESS.
PROSPECT. IDENTIFY.
MANIFEST. COLLABORATE.
ENDURE. ATTAIN.
TRANSFORM.

WEAVING THE PERSONAL
NARRATIVE...

*We are looking forward to guiding you
and helping you find information and
insight for embodied imagination.*

Aylin & Reni





'WEAVE IT IN' IS AN
ONLINE PROGRAM
DESIGNED FOR ALL
STUDENTS AND
TRAINEES OF THE
KATONAH YOGA®
PRACTICE WHO ARE
EAGER TO EXPLORE
THE MATERIAL IN
THEIR EVERYDAY
LIVES AND TEACHING.

IT OFFERS COMPANY, STUDY INPUTS
AND ASSIGNMENTS TO STRENGTHEN
EVERYONE'S CONFIDENCE, SKILLS
AND UNDERSTANDING.

THIS ONLINE COURSE CAN BE TAKEN
REMOTELY AND INCLUDES STUDY
AND WORK SHEETS, ILLUSTRATIONS,
VIDEOS AND AUDIOS AND MONTHLY
Q&A VIDEOS.

THE STEP-BY-STEP DEVELOPMENT
WEAVES IN INFORMATION AND
PERSONAL INSIGHT, CAREFULLY
MODULATING THE LEARNING TO
EVERYONE'S VERY OWN ADVANTAGE.





YOUR BENEFITS

SELF-REFLECTION

DIMENSIONAL UNDERSTANDING

UPGRADED PRACTICAL SKILLS

ARTICULATION

INTEGRATION

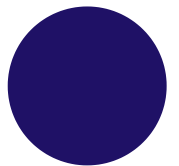
ONGOING DIALOGUE & COMMUNITY

WE PROMISE THAT AFTER THE EFFORTS OF
STUDYING AND EXPLORING YOU WILL FIND
EASE AND SMOOTHNESS TO NAVIGATE
THROUGH THE KATONAH YOGA® MATERIAL.

REQUIREMENTS

THERE IS NO REQUIREMENT TO TAKE THIS ONLINE PROGRAM. WE SUGGEST THAT YOU HAVE PREVIOUSLY PRACTICED AND EXPERIENCED KATONAH YOGA® THROUGH LIVE OR ONLINE CLASSES, WORKSHOPS OR TRAININGS.

ALL LEVELS ARE WELCOME!





PROGRAM OUTLINE

THIS COURSE EVOLVES GRADUALLY IN THREE SERIES (**BEING**, **DOING**, **SEEING**) THAT ARE EXISTENTIALLY CONNECTED AND ARISE MUTUALLY AS TRIANGULATIONS:

STABILITY — ABILITY — VISION
BOTTOM — MIDDLE — TOP
BEGINNING — MIDDLE — END
MEMORY — PRESENCE — POTENTIAL
LUNAR — SOLAR — STELLAR
PRIMAL — COMMUNAL — ASTRAL
MAGNETIC — ELECTRIC — PRISMATIC

THE ULTIMATE GOAL IS WEAVING A GOOD PERSONAL NARRATIVE AND FINDING EMBODIED IMAGINATION. THEREFORE WE ADDED A FORTH SERIES (**BECOMING**) TO INTEGRATE AND ENVELOP IT ALL.

1 BEING — STABILITY

2 DOING — ABILITY

3 SEEING — VISION

4 BECOMING — INTEGRATED SELF

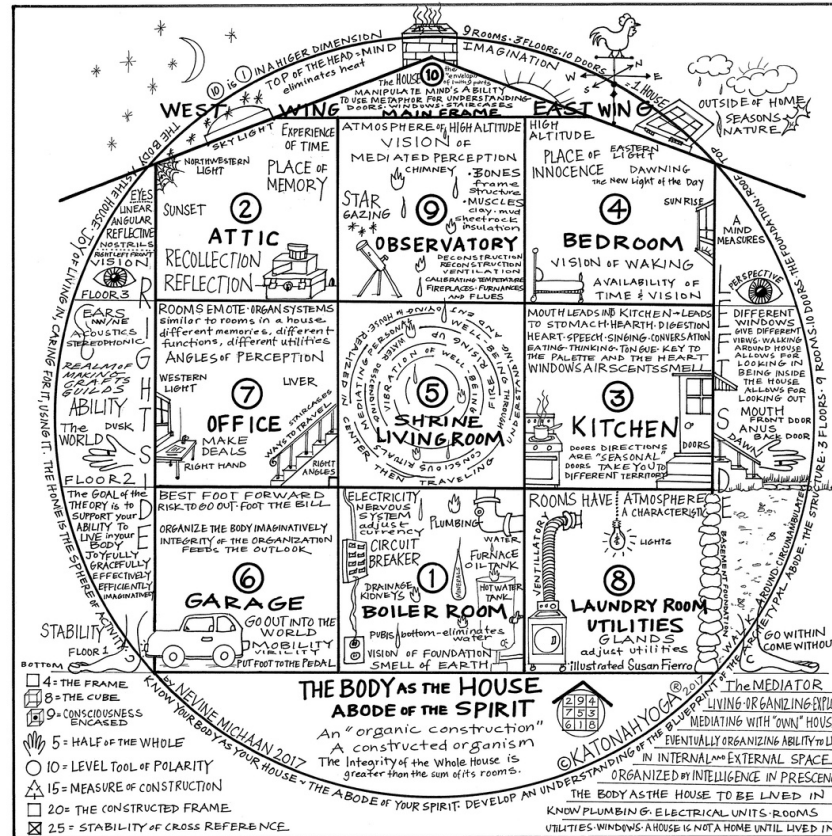


**EXPECT TO
UNFOLD**

FIND YOUR INDIVIDUAL
APPROACH IN FOUR
THOROUGH COURSE SERIES

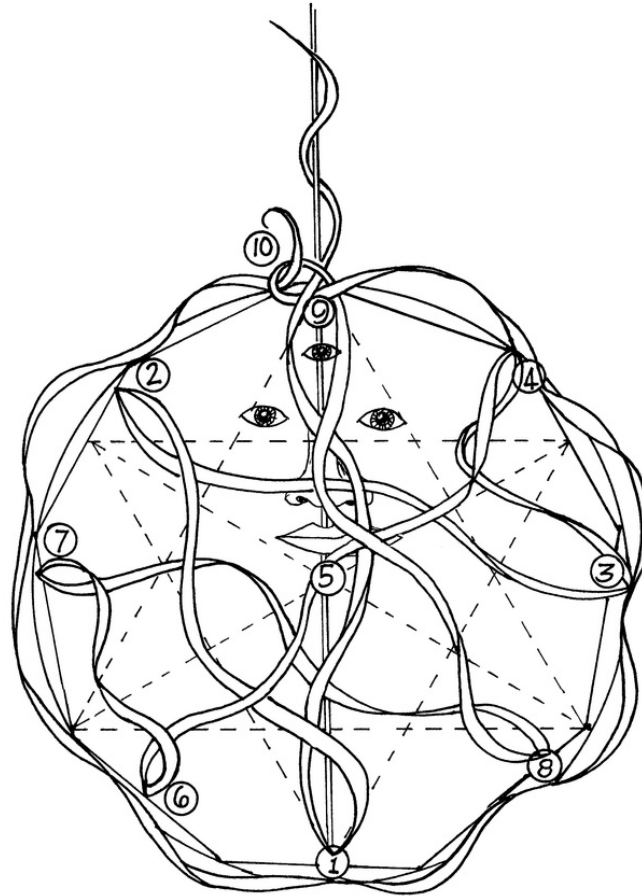


FROM ORGANIZED FORM ...



Blueprint Of The Abode, Nevine Michaan Katonah Yoga®
 2017 © Katonah Yoga Center Inc. Illustrator Susan Fierro

... TO TRAVELED SPACE



Integrated Stitch: The Narrative Thread, Nevine Michaela Katonah Yoga®
2015 © Katonah Yoga Center Inc. Illustrator Susan Fierro



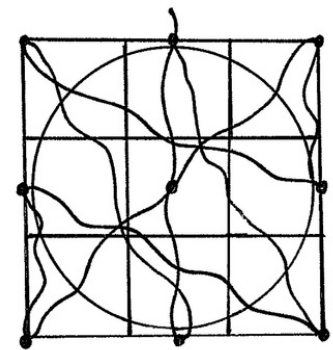
PREPARE YOURSELF

- MAKE SURE TO HAVE ONLINE ACCESS
- GET A NOTEBOOK WITH BLANK PAGES TO USE AS A LOGBOOK THROUGHOUT THE COURSE
- FEEL FREE TO PRINT THE PAGES, CUT OUT AND GLUE AS YOU DESIGN YOUR OWN NOTEBOOK

KATONAH YOGA®

KATONAH YOGA® IS A SYNCRETIC HATHA YOGA PRACTICE DEVELOPED BY NEVINE MICHAAN OVER 40 YEARS. SHE AND HER TEACHERS INCORPORATE CLASSICAL HATHA YOGA WITH TAOIST THEORY, GEOMETRY, MAGIC, MYTHOLOGY, METAPHOR, AND IMAGINATION — IN A PRACTICAL FRAMEWORK DESIGNED TO POTENTIATE PERSONAL AND COMMUNAL WELL-BEING.

WWW.KATONAHYOGA.COM



Stitch To Ten On The Magic Square Template, Nevine Michaan
Katonah Yoga® 2016 © Katonah Yoga Center Inc. Illustrator Susan Fierro

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