

# WEAVE IT IN

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

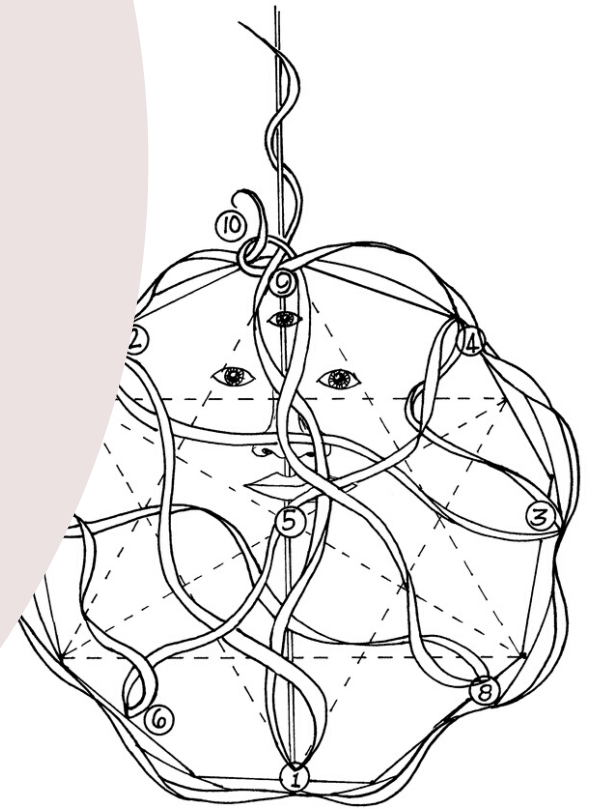
# YOUR GOLDEN THREAD

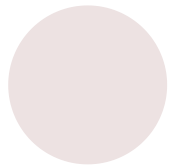
ROOT. RESPOND. EXPRESS.  
PROSPECT. IDENTIFY.  
MANIFEST. COLLABORATE.  
ENDURE. ATTAIN.  
TRANSFORM.

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 OVER A TOTAL OF 8  
WEEKS AND INCLUDES READING  
MATERIALS, ILLUSTRATIONS, VIDEOS,  
AUDIOS AND 4 SCHEDULED LIVE  
CALLS VIA ZOOM.

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





# YOUR BENEFITS

A MORE DIMENSIONAL UNDERSTANDING OF  
THE KATONAH YOGA® THEORY

UPGRADED PRACTICAL SKILLS

THE ABILITY TO DEFINE AND ARTICULATE  
YOUR OWN RECIPES FOR JOY AND  
METHODOLOGIES

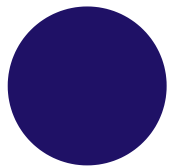
DEVELOPING YOURSELF WITHIN AND BEYOND  
THE KATONAH YOGA® FRAMEWORK,  
PERSONALLY AS WELL AS PROFESSIONALLY

EXPANDING AND SHAPING YOUR COMMUNITY

AN OPPORTUNITY TO SHARE YOUR IDEAS,  
QUESTIONS AND INSIGHTS — BEING PART OF  
THE ESOTERIC DIALOGUE

# REQUIREMENTS

WE EXPECT THAT YOU HAVE PREVIOUSLY PRACTICED AND EXPERIENCED THE KATONAH YOGA® MATERIAL THROUGH CLASSES AND WORKSHOPS AND WE STRONGLY RECOMMEND HAVING TAKEN A TRAINING OR WORKSHOP BEFOREHAND.





# PROGRAM OUTLINE

THIS 8 WEEK 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



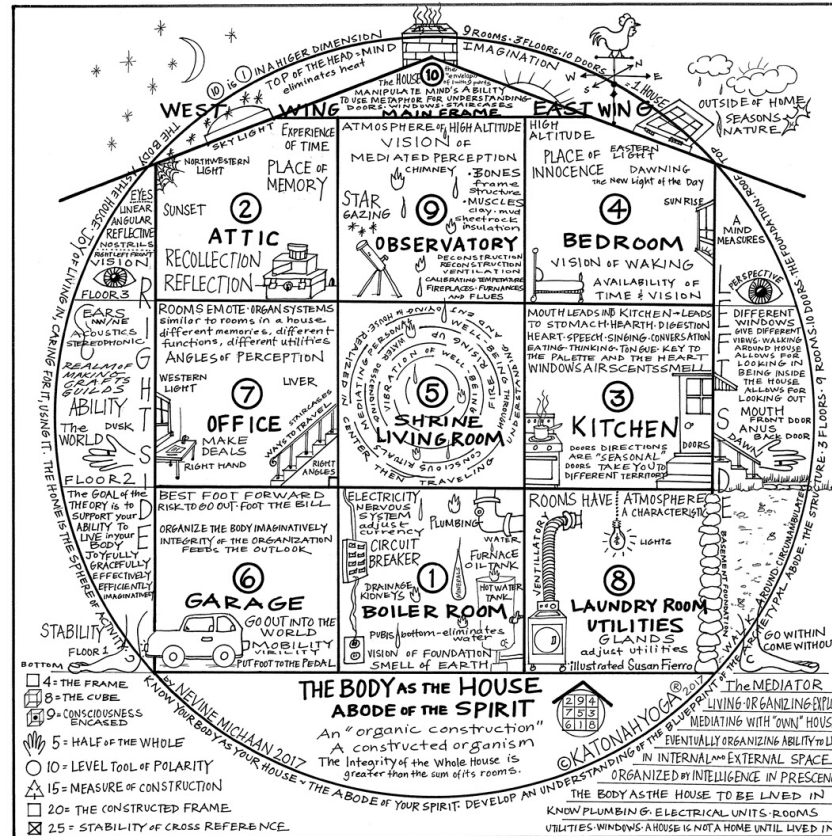
**EXPECT TO  
UNFOLD**

FIND YOUR INDIVIDUAL  
APPROACH IN FOUR  
THOROUGH COURSE SERIES



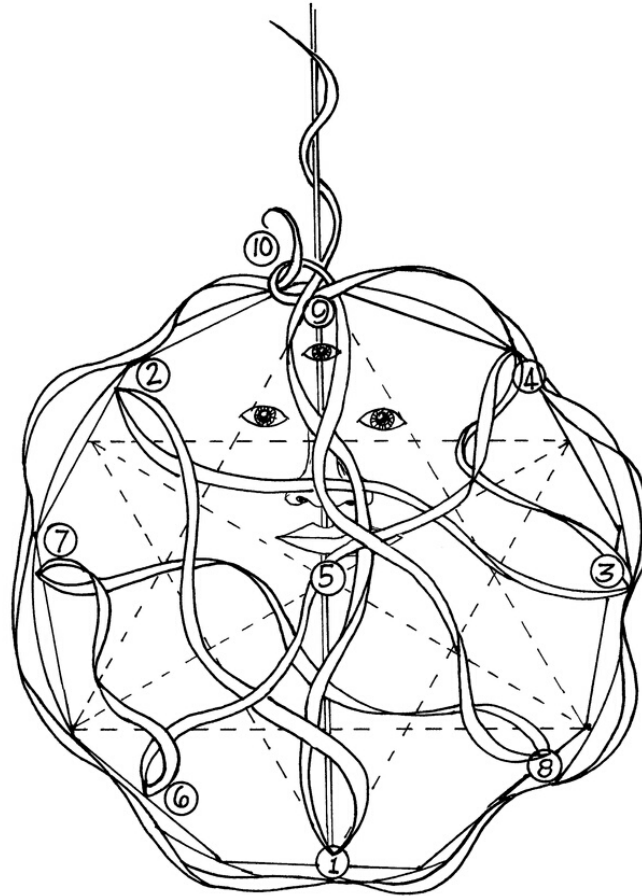


# FROM ORGANIZED FORM ...



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 Michaan Katonah Yoga®  
2015 © Katonah Yoga Center Inc. Illustrator Susan Fierro

# PROGRAM TIMELINE

START OF 1ST SERIES **BEING** 3/1 SUN

1ST SERIES **BEING** WRAP UP: 3/12 THU\*

2ND SERIES **DOING** WRAP UP: 3/26 THU\*

3RD SERIES **SEEING** WRAP UP: 4/8 WED\*

4TH SERIES **BECOMING** WRAP UP: 4/23 THU\*

\* The 4 live calls via zoom are  
scheduled for 2 PM ET  
(they will be recorded for downloading)



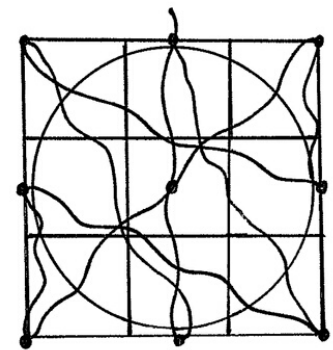
# PREPARE YOURSELF

- MAKE SURE TO HAVE ONLINE ACCESS
- DOWNLOAD THE ZOOM APP FOR OUR LIVE CALLS
- GET A NOTEBOOK WITH BLANK PAGES TO USE AS A LOGBOOK THROUGHOUT THE COURSE
- PRINT THE PAGES TO CUT OUT AND GLUE AS YOU DESIGN YOUR OWN NOTEBOOK
- RECOMMENDED BOOK: RADICAL ACTS OF EMBODIMENT BY DAGES JUVELIER KEATES > BUY ONLINE VERSION [HERE](#)

# 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](http://WWW.KATONAHYOGA.COM)



Stitch To Ten On The Magic Square Template, Nevine Michaan  
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