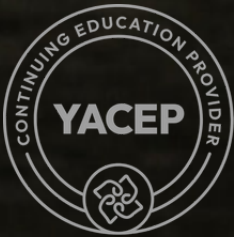


advanced yoga training catalog

BODY MIND HEART SPIRIT

ELEVATE EXPAND ENRICH



MUDDY WATERS YOGA

MUDDY WATERS
YOGA SCHOOL

2026-2027

www.muddywatersyoga.com



If you've been part of the Muddy Waters community for any amount of time, you know that what happens here goes beyond a weekly class. This catalog is an invitation to go deeper, into the texts, the philosophy, the body, and the craft of teaching.

Think of this as a year of svadhyaya, a sustained turning inward to attune and fine-tune your skillset, not only as a teacher but as a human.

Yoga is not something to learn once and set aside. It is a practice that asks for **dedication** and **continued commitment**, *a living thing that grows as you grow.*

The trainings gathered here are rooted in two principles that I return to again and again: **abhyasa** and **sadhana**. *Abhyasa* is sustained practice in the direction of where you want to go. With small, intentional action filled with conscious choice, we move from pattern into essence. *Sadhana* is the spiritual practice that holds it, a methodology of showing up fully.

Sadhana is not specific to any one belief system or tradition. With intention, everything can become sadhana, because it is defined by conscious and compassionate participation with your life.

This catalog is a collection of trainings and workshops organized by four themes: **BODY, MIND, HEART, & SPIRIT**. There is no required sequence, no long-term commitment, just the freedom to study what calls to you, when it calls to you. Some trainings are designed for teachers looking to expand their skills and others are open to dedicated practitioners who simply want more.

I'm grateful you're here and truly hope something in these pages sparks something in you.

Leather
XX

training calendar *overview*

SEPTEMBER 2026

OCTOBER 2026

NOVEMBER 2026

OCTOBER 9-11

**Yoga and Meditation for
Mental Wellbeing (MIND)**

Mollee Sheehan

in-studio

CC

NOVEMBER 7-8

**Philosophy of the Heart
(HEART)**

Heather Beier

in-studio

CC

OCTOBER 13

**Sanskrit I: The Language of
Yoga (MIND)**

Asavari Manvikar

virtual

OCTOBER 27

**Sanskrit II: Sanskrit for Yoga
Teachers (MIND)**

Asavari Manvikar

virtual

āsana lab: śīrsāsana
headstand

āsana lab: adho mukha
śvānāsana
downdog

āsana lab: vīrabhadrāsana
warrior poses

sūtra study: 1.1
now, yoga begins

sūtra study: 1.33
four keys to an open heart

sūtra study: 2.42
santosha
supreme joy

training calendar *overview*

DECEMBER 2026

DECEMBER 6

**Thai Yoga Bodywork Hands-
On Adjustments (BODY)**

Tanya Boigenzahn
in-studio

DECEMBER 6

**Intro to Thai Yoga Bodywork
(BODY)**

Tanya Boigenzahn
in-studio

DECEMBER 11-13

**Pranayama + Energetics
(SPIRIT)**

Kristin Olson
in-studio
CC

JANUARY 2027

JANUARY 22-24

**Rest + Awaken: Yoga Nidra
Training (SPIRIT)**

Mollee Sheehan
in-studio

āsana lab: ūrdhva mukha
śvānāsana
upward facing dog

sūtra study: 1.12
abhyasa and vairagya

FEBRUARY 2027

FEBRUARY 12-14

**Practice + Purpose Travel
Study (HEART)**

Heather Beier
Big Raven Farm
CC

FEBRUARY 9 + 23

**Sutra Study: An Overview of
Patanjali's Yoga Sutra
(SPIRIT)**

Asavari Manvikar
virtual

āsana lab: uttānāsana
forward folds

sūtra study: 2.16
suffering that has not yet come

training calendar *overview*

MARCH 27

MARCH 19-21

The Yoga of Resilience
(SPIRIT)

Mollee Sheehan

in-studio

CC

APRIL 2027

APRIL 2-4, 2027

Myofascial Release + Yin
Yoga Teacher Training

(BODY)

Heather Beier

in-studio

MAY 2027

MAY 8-9, 2027

The Art of Sequencing
(BODY)

Heather Beier

in-studio

CC

MAY 14-16, 2027

Freedom + Focus: Mantra,
Mudra + Yantra (MIND)

Mollee Sheehan

in-studio

āsana lab: ustrāsana
camel

āsana lab: naṭarājāsana
dancer

āsana lab: ardha chandrāsana
halfmoon

sūtra study: 2.33
pratipaksha bhavana:
cultivate the opposite

sūtra study: 2.46
sthira sukham asanam

sūtra study: 2.1
kriya yoga: showing up

training calendar *overview*

JUNE 2027

JULY 2027

AUGUST 2027

JULY 24-25, 2027

**Restorative Yoga Teacher
Training (BODY)**

Randi Campbell
in-studio

AUGUST 7, 2027

**From Sensation to
Movement Sensory Input for
Motor Output (BODY)**

Jianna Hoss
in-studio

AUGUST 8, 2027

**Lila: The Role of Play in
Movement (MIND)**

Jianna Hoss
in-studio

AUGUST 11, 2027

**Introduction to the Gītā
Heather Beier + Mollee
Sheehan**

virtual

āsana lab: trikoṇāsana
triangle pose

āsana lab: chaturaṅga
daṇḍāsana

sūtra study: 1.2
the stilling of the mind

sūtra study: 1.23
ishvara prandidhana
Or, just surrender

sūtra study: 3.3
samadhi
when only the object shines

core curriculum + 300HR pathway

The Advanced Training Catalog is designed to be self-directed. You choose what calls to you, when it calls to you. However, for students pursuing the 300HR certification through Muddy Waters Yoga School, the following courses form the **required core curriculum**.

These six trainings represent and build a complete and integrated foundation for advanced teaching and practice.

BODY

The Art of Sequencing (10 HRS)

MIND

Yoga + Meditation for Mental Wellbeing (25 HRS)

HEART

Practice + Purpose (20 HRS)

Philosophy of the Heart (10 HRS)

SPIRIT

Pranayama + Energetics (15 HRS)

The Yoga of Resilience (20 HRS)

The 300HR CAPSTONE

When you have successfully completed all coursework and accumulated 270 in-person hours and are ready to apply for your 300HR certification through Muddy Waters Yoga School, the final requirement is one observed full class teaching. Local students teach a class at the studio. Students outside of Winona submit a video recording of themselves teaching a complete class in their own community.

For questions about the 300HR pathway, reach out to us at heather.beier@muddywatersyoga.com

the integration

"If you want to learn something, read about it. If you want to understand something, write about it. If you want to master something, teach it." — Yogi Bhajan

Completing a training is the beginning, not the end. Every catalog training includes two required integration components designed **to move learning from the mind into the body and into practice.**

PRACTICE TEACHING

Every 5+ hour teacher training hosted through Muddy Waters Yoga School includes a dedicated practicum block. Before a training ends, you will practice teach. The room is your laboratory and your peers are your community. This is where the material stops being information and starts becoming yours.

THE ADVANCED TRAINING COMMUNITY

Upon enrolling in your first 5+ hour catalog training, you will be invited into the Muddy Waters Advanced Training community, a private forum where all catalog students gather regardless of which trainings they have taken or when.

For each training completed, you are required to:

- Post one reflection sharing your key insights and one discussion prompt for the community within 30 days of completing the training.
- Respond meaningfully to at least two discussion posts from fellow students within the same window.

This is not busywork; rather, it is the continuation of the conversation that began on the training weekend. Over time the forum becomes a living record of collective wisdom across every training, every theme, and every student who has walked through this school.

Within the forum, students are encouraged to propose and organize **TEACHING CIRCLES**, *self-led virtual or in-person practice sessions where you gather a small group and teach what you've learned.* These are student-initiated and student-led. A simple framework for running one will be provided in your training materials upon enrollment.

sūtra study & āsana labs

The deepest learning happens not in a single weekend but in the returning. These monthly offerings are designed to be exactly that, a consistent, low-commitment practice of showing up and going a little deeper each time.

āsana lab

Āsana Lab is a monthly one-hour study of a single pose. Each lab takes one posture and examines it through the lens of alignment, anatomy, geometry, and practice. We look at what the pose is asking of the body, preparation getting into and out of the pose, and how understanding it deeply makes you a more awake practitioner.

Labs meet in-studio on the **last Saturday of the month from 7:00-8:00am**. Open to all levels (schedule subject to change).

Each lab counts as **one** hour toward your Advanced Yoga Studies hours.

sūtra study

The Yoga Sutras of Patanjali are 196 threads of wisdom woven together into one of yoga's most essential maps.

Sutra Study is a monthly one-hour gathering for anyone who wants to bring more philosophical depth into their practice and their teaching. No prior knowledge of the sūtras is required.

Sessions meet virtually monthly on the **last Wednesday of the month from 6:00-7:00pm**. Open to all levels (schedule subject to change).

Each study counts as **one** hour toward your Advanced Yoga Studies hours.

a note on both:

Āsana Lab and Sūtra Study are drop-in offerings. Come when you can, come consistently, or come for the ones that call to you. Over the course of the year they form a complete and layered study. Over several years they become the thread that runs through everything.

āsana lab tentative schedule:

september 26, 2026 — **headstand**
october 31, 2026 — **downward facing dog**
november 28, 2026 — **warrior poses**
january 30, 2027 — **upward facing dog**
february 27, 2027 — **forward folds**
march 27, 2027 — **camel**
april 24, 2027 — **dancer**
may 31, 2027 — **half moon**
july 31, 2027 — **triangle**
august 28, 2027 — **chaturanga**

sūtra study tentative schedule:

september 30, 2026 — **1.1**
october 28, 2026 — **1.33**
november 18, 2026 — **2.42**
december 30, 2026 — **1.2**
january 27, 2027 — **1.12**
february 24, 2027 — **2.16**
march 31, 2027 — **2.33**
april 28, 2027 — **2.46**
may 26, 2027 — **2.1**
june 25, 2027 — **1.14**
july 30, 2027 — **1.23**
august 27, 2027 — **3.3**

Now I Become Myself

Now I become myself. It's taken
Time, many years and places;
I have been dissolved and shaken,
Worn other people's faces,
Run madly, as if Time were there,
Terribly old, crying a warning,
"Hurry, you will be dead before—"
(What? Before you reach the morning?
Or the end of the poem is clear?
Or love safe in the walled city?)
Now to stand still, to be here,
Feel my own weight and density!
The black shadow on the paper
Is my hand; the shadow of a word
As thought shapes the shaper
Falls heavy on the page, is heard.
All fuses now, falls into place
From wish to action, word to silence,
My work, my love, my time, my face
Gathered into one intense
Gesture of growing like a plant.
As slowly as the ripening fruit
Fertile, detached, and always spent,
Falls but does not exhaust the root,
So all the poem is, can give,
Grows in me to become the song,
Made so and rooted by love.
Now there is time and Time is young.
O, in this single hour I live
All of myself and do not move.
I, the pursued, who madly ran,
Stand still, stand still, and stop the sun!

— May Sarton

Body

this is it:

this body

is home

– Marya

Hornbacher

thai yoga bodywork hands-on adjustments for yoga teachers

with Tanya Boigenzahn, E-RYT 500, C-IAYT, RTT, AYS, CHTP, YACEP & Reiki Master

SUNDAY, DECEMBER 6, 2026

Times: 9:00am-12:00pm (3 HRS)

Tuition: \$60

prerequisites: Open to certified yoga teachers. A 200HR is required to enroll.

Location: in-studio

Infuse your teaching with amazing techniques from the Thai Yoga Bodywork repertoire. We'll learn adjustments for hamstrings, hips, back, shoulders, chest and more, as well as relaxation techniques and even a little flying!

Learn proper alignment, stances, and how to protect your back, plus proper ergonomics. We'll also go over how to discern how far to adjust someone in a pose and discuss the subtleties of energetics. Take your teaching to the next level. Specifically geared towards yoga teachers and yoga teacher trainees.

Participants Will Explore:

- Thai Yoga Bodywork history, benefits, and contraindications
- How to give a therapeutic sequence for feet, legs, hips, back, upper back, neck, and shoulders
- Basic relaxation techniques to perform at the end of a sequence.

Students will pair up with a partner to give and receive (yay!) as you learn the techniques.

[REGISTER](#)

introduction to thai yoga bodywork

with Tanya Boigenzahn, E-RYT 500, C-IAYT, RTT, AYS, CHTP, YACEP & Reiki Master

SUNDAY, DECEMBER 6, 2026

Times: 1:00pm-3:00pm (3 HRS)

Tuition: \$60

prerequisites: No experience necessary. All levels welcome.

Location: in-studio

Thai Yoga Bodywork, aka "Thai Massage," is a sacred healing treatment that integrates traditional Thai medicine, elemental theory (like Indian Ayurveda), and Buddhist mindfulness practices. Unique from other types of bodywork, Thai Yoga Bodywork is also a form of Yoga Therapy that combines rhythmic movement, assisted Yoga poses, acupressure along pathways of movement in the body, healing energy work, and meditation. Called "Nuad Boran" or "ancient healing" in Thailand, come learn a little "Lazy Man's Yoga" that is a holistic practice that's fun to give and wonderful to receive!

This is a great add-on for yoga teachers, massage therapists, bodyworkers, energy workers, or anyone wishing to learn more about this amazing style of healing with roots in Yoga and Ayurveda.

Bring your honey and make it a Yogi Date Day!

Participants Will Explore:

- Thai Yoga Bodywork history, benefits, and contraindications
- How to give a therapeutic sequence for feet, legs, hips, back, upper back, neck, and shoulders
- Basic relaxation techniques to perform at the end of a sequence.

Students will pair up with a partner to give and receive (yay!) as you learn the techniques.

[REGISTER](#)

myofascial release + yin yoga teacher training

with Heather Beier, E-RYT500, Yoga Medicine Therapeutic Specialist

FRIDAY-SUNDAY, APRIL 2-4, 2027

Times: 9:00AM-5:00PM (25 HRS)

Tuition: \$399

prerequisites: Open to practitioners with an established personal practice.

Location: in-studio

Yoga is more than physical. It is cellular, mental, intellectual and spiritual - it involves man in his entire being. - B.K.S. Iyengar

Yin Yoga is a quiet style of yoga that specifically targets the fascia of the body. Gently stressing the tissues in this passive way contributes to their health by stimulating and activating the cells through rehydration and re-stimulating fluid production. Because of its inherent stillness, the mind and breath are encouraged to slow down, providing opportunities for reflection and meditation.

Myofascial Release has become more and more popular over the last decade for good reason. If you've experienced MFR, you're aware of its power to transform and shift patterns in the fascial tissues. Its benefits are extensive, ranging from accelerating injury recovery, reducing movement restrictions, and even offering relief from stiffness and pain.

Participants will learn:

- What is Yin Yoga?
- What are the principles of Yin Yoga?
- Origins of Yin yoga in Chinese Meridian theory
- Physical, mental and emotional benefits of Yin Yoga
- What is Myofascial Release?
- What does the research say regarding fascia structure, function, and dysfunction?
- Myofascial release techniques to promote optimal tissue health and function
- Trigger points and specialized protocols for every part of the body
- Application of Myofascial Release within a yoga setting
- Experience the practice
- Teaching Yin, preparing the space, setting your intention
- Sequencing by meridian
- Sequencing by theme
- Modifications and propping
- Practice teaching
- and more...!

[REGISTER](#)

the art of sequencing

with Heather Beier, E-RYT500, Yoga Medicine Therapeutic Specialist

SATURDAY-SUNDAY, MAY 8-9, 2027

Times: 10:30AM-4:30PM (10 HRS)

Tuition: \$199

prerequisites: Open to certified yoga teachers. A 200HR is required to enroll.

Location: *in-studio*

Blend art and craft with this holistic exploration of advanced sequencing techniques. Delve into the art of crafting dynamic, intelligent, and purposeful yoga sequences that inspire, challenge, and empower students.

Intended to elevate your yoga teaching practice and designed for instructors ready to deepen their understanding and refine their skills.

Through in-depth study and practical application, you will:

- Explore advanced principles of sequencing, including theme development, peak pose integration, and progression.
- Deepen your knowledge of anatomy, biomechanics, and energetic principles to inform sequence design and alignment cues.
- Learn how to skillfully incorporate advanced asanas, transitions, and variations to create engaging and transformative class experiences.
- Understand the nuances of sequencing for specific populations, such as athletes, seniors, or those with injuries.
- Explore the subtle aspects of sequencing, including breathwork, meditation, and philosophical themes, to create holistic and multi-dimensional classes.
- Refine your teaching skills through practice teaching, feedback, and mentorship, fostering confidence and authenticity in your voice as a teacher.
- Cultivate your creative expression and intuitive wisdom to develop unique and impactful sequences that resonate with your students.

REGISTER

from sensation to movement - sensory input for motor output

with Jianna, RYT500

SATURDAY, AUGUST 7, 2027

Times: 10:00AM-4:00PM (5 HRS)

Tuition: \$99

prerequisites: Open to certified yoga teachers. A 200HR is required to enroll.

Location: *in-studio*

When we can feel more, we can often move better- with greater clarity, ease, and direction. Movement doesn't begin with a muscle or a cue, but with information. Everything we do is a response to the information we receive from both our internal and external environments. This sensory information influences how we see, hear, feel, imagine, breathe, and move. The richer our sensory input, the greater the potential for meaningful motor output.

This workshop explores how instructors can use props, tactile feedback, environmental elements, imagery, and experiential cueing to improve movement quality, body awareness, breathing, and student learning. Rather than telling students what to do, we'll explore ways to help them discover movement through experience.

Students will be able to:

- Explain the relationship between sensory input and motor output; how sensory information shapes movement
- Use tactile, visual, auditory, and proprioceptive cues to improve movement clarity
- Incorporate props and novel sensory experiences to increase meaningful sensory feedback
- Develop cueing strategies that invite exploration, curiosity, and self-discovery
- Identify common areas where students struggle to feel, move, or imagine movement, and apply sensory-based strategies to improve understanding
- Adapt techniques to meet the needs of diverse bodies, learning styles, and movement experiences
- Develop sequences and frameworks that use sensory input to prepare students for the remainder of a yoga and movement practice, regardless of style or format

[REGISTER](#)

restorative yoga teacher training

with Randi Campbell, RYT500, MFA, Artist

SATURDAY-SUNDAY, JULY 24 + 25, 2027

Times: 11:30AM-5:30PM (12 HRS)

Tuition: \$240

prerequisites: Open to practitioners with an established personal practice.

Location: *in-studio*

In a world that rewards doing, restorative yoga is a radical act of being. It asks nothing of the body except to be held. It asks nothing of the mind except to soften. And in that softening, something essential is remembered.

This training is an invitation into the art and practice of restorative yoga, not just as a style of class to teach but as a philosophy of care to bring into everything you offer. Whether you are a yoga teacher looking to expand your toolkit or a dedicated practitioner who wants to understand the practice more deeply, this weekend will meet you exactly where you are.

Rooted in accessibility and ease, this training explores how to create restorative sequences that genuinely nourish and weave breathwork intentionally throughout to support regulation, release, and restoration.

Students will explore:

- The foundations and philosophy of restorative yoga and why it matters
- How to sequence a restorative class with intention
- Prop use and creative modifications to make every body feel supported and at ease
- Breathwork as a tool for nervous system regulation within a restorative context
- How to hold space with presence, simplicity, and care

REGISTER

Mind

attention is

the

beginning

of devotion

- Mary

Oliver

yoga + meditation for mental wellbeing

Mollee Sheehan E-RYT 500, AYS, TIYT, YACEP

FRIDAY-SUNDAY, OCTOBER 9-11, 2026

Times: 9:00AM-5:00PM (25 HRS)

Tuition: \$399

prerequisites: Open to practitioners with an established personal practice.

Location: in-studio

Yoga has always been more than movement — it's medicine for the mind. Nurture your mental well-being by learning tools, techniques, and understanding to cultivate resilience, inner peace, and emotional balance through the practice of yoga. Throughout this training, students will:

- **Deepen your understanding** of how yoga practices, including pranayama (breathwork), and meditation, can positively impact mental health and emotional well-being.
- **Learn evidence-based** techniques and mindfulness exercises to reduce stress, anxiety, depression, and enhance overall mental wellness
- **Develop a personalized practice:** Receive guidance for creating a tailored daily practice that addresses specific mental health goals, and supports the journey towards greater emotional resilience and well-being.
- **Cultivate mindfulness and self-awareness:** Learn how to cultivate present-moment awareness, self-compassion, and acceptance through mindfulness meditation and reflection practices.
- **Understand** how our thoughts, emotions, experiences, and patterns shape our sense of self, and why we become attached to certain stories and identities
- **Lean the role of awareness, discernment, and compassion** in creating lasting wellbeing

Students will practice and integrate:

- Meditation practices for developing awareness, self-compassion, and inner steadiness
- Self-reflection practices to recognize patterns and expand perspective
- Breath and body-based practices to support nervous system balance
- Techniques for working skillfully with thoughts, emotions, and challenging experiences

Students will leave with a deeper understanding of yoga as a path of transformation, and a personal collection of practices that support their mental well-being.

This course is required for those planning to take the Meditation Facilitation course.

REGISTER

freedom + focus: mantra , mudra + yantra

Mollee Sheehan E-RYT 500, AYS, TIYT, YACEP

FRIDAY-SUNDAY, MAY 14-16 2027

Times: Friday: 5:00pm-9:00pm; Saturday: 9:00am - 5:30pm; Sunday: 9:00am - 5:30pm || (20 HRS)

Tuition: \$349

prerequisites: Open to practitioners with an established personal practice. *Yoga + meditation for mental wellbeing is recommended, but not required prior to enrolling in this course.*

Location: in-studio

What we repeat, we become.

Freedom + Focus is an introduction to three powerful yogic practices:

Mantra — sacred sound that acts as a cognitive reset button to clear away mental clutter and break negative loops of overthinking; and with repeated practice becomes a sonic blueprint that steadily rewires your subconscious habits and awakens your true inner nature.

Mudra — sacred gestures that direct awareness, influence the flow of energy, and act as embodied blueprints, using the intelligence of the body to cultivate the qualities and states of being you wish to embody.

Yantra — sacred geometry that supports concentration, contemplation, and consciously creating the life you are here to live.

Together, these practices offer ways to settle mental noise, deepen presence, remember your inner wisdom, and step into the seat of co-creator of your life.

Our training draws from the yogic principle of pratipaksha bhavana—cultivating the opposite—where you will learn to recognize patterns of disconnection and intentionally move toward the qualities you want to strengthen—such as steadiness, courage, peace, clarity, compassion, connection, or freedom.

The course culminates in the creation of a personalized sacred sadhana: an aligned, joyful practice you actually look forward to every day, and personal blueprint for returning to yourself.

This course is for anyone seeking a deeper, more embodied relationship with their own inner knowing. No previous experience with mantra, mudra, or yantra is required.

REGISTER

sanskrit I: the language of yoga

with Dr. Asavari Manvikar, BAMS, MD Āyurveda

TUESDAY, OCTOBER 13, 2026

Times: 6:00pm-8:00pm, (2 HRS)

Tuition: \$40

prerequisites: Open to practitioners with an established personal practice.

Location: Virtual (no recording available)

Language shapes the way we understand the world. Sanskrit, one of the oldest and most precise languages in human history, is the language through which yoga's deepest teachings have been transmitted for thousands of years. To begin learning Sanskrit is to begin reading the original map.

This introductory course with Dr. Asavari Manvikar offers an accessible and illuminating entry point into the Sanskrit language as it lives within yoga philosophy and practice. You will explore the Sanskrit alphabet, known as Devanagari, foundational pronunciation, and the commonly used terms and concepts that form the basis of yogic study. Whether you encounter Sanskrit in a sūtra, a mantra, or an asana name, this course will give you the tools to meet it with understanding rather than mystery.

No prior knowledge of Sanskrit required. Come curious.

[REGISTER](#)

sanskrit II: sanskrit for yoga teachers

with Dr. Asavari Manvikar, BAMS, MD Āyurveda

TUESDAY, OCTOBER 27, 2026

Times: 6:00pm-8:00pm, (2 HRS)

Tuition: \$40

prerequisites: Open to practitioners with an established personal practice. Sanskrit I is recommended but not required prior to enrolling in this course.

Location: Virtual (no recording available)

Sanskrit is not just a language to study. It is a language to teach and to transmit. This course is for the yoga teacher who wants to bring greater accuracy, depth, and reverence into the way they use Sanskrit in their classes.

Building on the foundation introduced in Sanskrit I, Dr. Asavari Manvikar guides teachers through the practical application of Sanskrit in a teaching context. You will refine your pronunciation of pose names, learn how to introduce Sanskrit terms to students in a way that feels accessible rather than intimidating, and build a working vocabulary that honors the tradition from which these teachings come.

The way we speak about this practice matters. This course helps you do it with integrity.

[REGISTER](#)

lila: the role of play in movement

with Jianna, RYT500

SUNDAY, AUGUST 8, 2027

Times: 10:00AM-4:00PM (5 HRS)

Tuition: \$99

prerequisites: Open to certified yoga teachers. A 200HR is required to enroll.

Location: *in-studio*

Play is one of our most powerful learning tools. When students are invited to explore instead of perform, they become more adaptable, creative, resilient, and engaged. Play shifts movement away from rigidity and toward curiosity, allowing for novelty, experimentation, and discovery.

This workshop explores playfulness as a framework for teaching and learning movement. Through task-based movement, creative sequencing, improvisation, imagery, imagination and exploration, participants will learn how to create experiences that foster autonomy, curiosity, and embodied understanding.

- Explore the concept of "lila" as a philosophy and movement framework
- Understand why play accelerates learning and supports adaptability
- Use task-based movement to encourage open-ended experimentation + discovery
- Learn cueing strategies that foster autonomy, curiosity, and student agency
- Build confidence in facilitating discovery
- Support students in developing a deeper relationship with their own movement
- Generate creative sequencing ideas that invite variation and exploration
- Use imagery, storytelling, and imagination to create memorable, embodied learning experiences
- Develop a toolkit of playful teaching strategies and exploratory movement experiences

[REGISTER](#)

Heart

don't forget

love

- Mirabai

philosophy of the heart

with Heather Beier, E-RYT500, Yoga Medicine Therapeutic Specialist

SATURDAY-SUNDAY, NOVEMBER 7-8, 2026

Times: 10:00am-4:00pm (10HRS)

Tuition: \$199

prerequisites: Open to practitioners with an established personal practice.

Location: in-studio

There is a map of the heart that has existed for thousands of years. It does not tell you where to go; rather, it tells you who you already are. This course is a deep self-exploration of the four qualities of the heart, known in Sanskrit as the Brahnaviharas. Often translated as the divine abodes or the immeasurable qualities, the Brahnaviharas are living, practicable virtues, capacities that already exist within you, waiting to be cultivated and brought into daily life.

Maitri, Loving-kindness

The unconditional wish for happiness and wellbeing, beginning with ourselves and radiating outward without exception. Not sentimentality, but a radical and sustained openness to the fundamental goodness in every person, including the ones who are hardest to love, including yourself.

Karuna, Compassion

The capacity to be genuinely moved by suffering without being consumed by it. Karuna asks us to stay present with pain, our own and others', and to meet it with tenderness and courage rather than resistance or avoidance.

Mudita, Sympathetic Joy

The sincere ability to rejoice in the happiness and success of others as if it were your own. In a culture saturated with comparison, mudita is the antidote and the quality that makes genuine community possible.

Upeksha, Equanimity

A vast, steady quality of mind that remains balanced in the face of life's constant change. Not indifference, but the deep rooted ground from which genuine love and compassion can be offered freely and without depletion.

Together the Brahnaviharas form a complete map of the heart's potential. This course weaves philosophy, contemplative practice, self-inquiry, and embodied exploration into a weekend that will meet you exactly where you are and invite you gently further.

[**REGISTER**](#)

practice + purpose travel study

with Heather Beier, E-RYT500, Yoga Medicine Therapeutic Specialist

THURSDAY-SUNDAY, FEBRUARY 11-14, 2027

Location: Big Raven Farm in Spring Grove, MN

Detailed schedule to be shared closer to the retreat.

Tuition: \$1,200 (includes lodging, all meals, and 20hr teacher training)

prerequisites: Open to practitioners with an established personal practice.

SELF-STUDY, SOUL INQUIRY, AND SACRED INTENTION

Before we can lead from a place of clarity, before we can serve from a place of steadiness, before we can speak from a place of truth, we must know what is really ours to say. We must meet ourselves. This is not just another training. It is a return, a remembering, and a necessary pause in the middle of the becoming.

This weekend is for the teacher or practitioner who wants their life to feel like it belongs to them again. Who wants their service to be a reflection of their essence, not their effort. Who is ready to stop performing and start inhabiting.

We will explore:

Abhyasa and Vairagya, sustained practice and the art of letting go, learning to receive instead of control.

Dharma, defining the soul statement of your life, your values, your deeper why, and how you are here to serve.

Samskara Inquiry, recognizing the limiting patterns that create contraction and meeting them with compassion.

Sankalpa, creating a heartfelt resolve that speaks directly to your potential, one you can live into breath by breath.

Embodied Practice, movement sessions that attune you to sensation, release held tension, and support nervous system regulation through intelligent somatic sequences.

This training is intimate, thoughtful, and designed to meet you where you are without overwhelm and without urgency. You are not learning who to become. You are remembering who you are, and letting everything you offer rise from there.

[REGISTER](#)

Spirit

*be grateful for
whatever comes,
because each has
been sent
as a guide from
beyond
– Rumi*

pranayama + energetics

Kristin Olson, E-RYT500

FRIDAY-SUNDAY, DECEMBER 11-13, 2026

Times: Friday 6:00pm-9:00pm, Saturday 9:00am-5:30pm, Sunday 9:00am-3:30pm (15 HRS)

Tuition: \$299

Prerequisites: Open to certified yoga teachers. A 200HR certification is required to enroll.

Location: in-studio

This course is a profound exploration of the breath and energetic anatomy.

Throughout this training, you will:

Explore the science of pranayama

Dive into the physiology and mechanics of breath, gaining a thorough understanding of how conscious breathing practices influence the nervous system, energy channels (nadis), and vital energy (prana) within the body.

Build upon and learn a variety of pranayama techniques and understand the therapeutic applications of each technique and how to sequence them effectively.

Deepen your knowledge of the subtle body anatomy, including the chakras (energy centers), koshas (sheaths), and vayus (subtle winds).

Explore how pranayama practices influence the flow of energy within these energetic pathways, promoting physical, mental, and emotional well-being.

Adapt practices for individual needs

Receive guidance on how to tailor pranayama practices to meet the specific needs and abilities of individuals

Hone your teaching skills through practice teaching sessions, feedback, and mentorship, learning how to create safe, supportive, and transformative experiences for your students.

[REGISTER](#)

sūtra study: an overview of Patanjali's yoga sūtra

with Dr. Asavari Manvikar, BAMS, MD Āyurveda

TUESDAY, FEBRUARY 9 + 23, 2027

Times: 6:00pm-8:00pm, (4 HRS)

Tuition: \$80

prerequisites: Open to practitioners with an established personal practice.

Location: Virtual (no recording available)

The Yoga Sutra of Patanjali is one of the most profound and enduring texts in the yogic tradition. Composed of 196 sūtras woven across four chapters, or padas, it is not a book to be read once and set aside. It is a living document, one that reveals new layers of meaning each time you return to it with fresh eyes and a deepening practice.

In this intensive, Dr. Asavari Manvikar guides students through all four padas in sequence, from Samadhi Pada's exploration of the nature of yoga and the mind, through Sadhana Pada's practical teachings, Vibhuti Pada's investigation of transformation and power, and finally Kaivalya Pada's teaching on liberation. Each sūtra is examined with classical grounding in Sanskrit and Vedic tradition, honoring the text as it was meant to be understood rather than filtered through a modern lens.

[REGISTER](#)

the yoga of resilience

Mollee Sheehan E-RYT 500, AYS, TIYT, YACEP

IN-PERSON: FRIDAY-SUNDAY, MARCH 19-21, 2027 || ONLINE MARCH 10 + APRIL 7

Times: Online Wednesdays, March 10 and April 7, from 6:00-8:00pm || In-person March 19-21: Friday 5:30pm-8:30pm; Saturday: 9:00am-5:00pm; Sunday: 9:00am-4:00pm (25 HRS)

Tuition: \$399

prerequisites: Open to practitioners with an established personal practice.

Location: in-studio + online

Resilience is more than bouncing back from life's challenges. It is the capacity to remain connected to presence, choice, and our essential nature amid the changing conditions of life.

Blending the timeless wisdom of yoga and Ayurveda with contemporary understandings of the nervous system and the science of safety, this experiential training helps you understand your body's protective responses, and develop practical tools for greater nervous system flexibility, regulation, and wellbeing.

Learn to recognize patterns of anxiety, overwhelm, shutdown, and disconnection —and discover how to return to greater steadiness, connection, and choice through simple yoga and somatic practices.

You'll Learn To:

- Understand your nervous system's patterns so you can respond with awareness instead of reacting automatically.
- Use simple, science-informed practices to calm anxious energy or gently awaken states of freeze and depletion.
- Build everyday skills that support resilience, emotional regulation, and wellbeing.
- Discover how yoga offers both practical tools for nervous system regulation and a path back to your innate wholeness.
- Expand your personal—and professional— resilience toolkit

This course is open to anyone seeking practical mind-body tools for increased wellbeing. It is also ideal for yoga teachers and helping professionals looking to deepen their understanding of trauma-informed resilience-focused practices that support and shift nervous system states.

[**REGISTER**](#)

rest + awaken: foundations of yoga nidra

Mollee Sheehan E-RYT 500, AYS, TIYT, YACEP

IN-PERSON: FRIDAY-SUNDAY, JAN. 22-24, 2027 || ONLINE JAN. 20 + FEB 3

Times: Online Wednesdays, Jan. 20 and Feb. 3, from 6:00-8:00pm || In-person Jan. 22-24: Friday 5:30pm-8:30pm; Saturday: 9:00am-5:00pm; Sunday: 9:00am-4:00pm (25 HRS)

Tuition: \$399

prerequisites: Open to practitioners with an established personal practice.

Location: in-studio + online

Yoga Nidra is a profound practice of effortless awakening — an invitation to move beyond striving, soften deeply into rest, and reconnect with the innate brilliance of our true nature. More than relaxation, Yoga Nidra is a contemplative journey through the layers of human experience, offering a pathway toward restoration, self-awareness, and inner connection.

This immersive teacher training explores Yoga Nidra through the wisdom of yoga philosophy, Ayurveda, subtle anatomy, and nervous system science. Students will explore how Yoga Nidra supports the whole human being — body, breath, mind, emotions, wisdom, and spirit — while developing the skills to thoughtfully guide others into states of deep rest and awareness.

Throughout the training, students will explore:

- The origins and purpose of Yoga Nidra as a practice of conscious rest and awakening
- Brainwave states, waking, dreaming, deep sleep, and the state of *tuṛīya*
- The koshas, and yogic understanding of the human being as a multidimensional system
- The kleshas, and patterns of identification that veil awareness of our true nature
- The science of rest, meditation, attention, and nervous system regulation

Students will learn the art and architecture of creating a Yoga Nidra journey, including:

- Grounding, settling, and body awareness practices
- Inner resource and cultivating a felt sense of safety using trauma-informed principles
- Sankalpa as a practice of intentional alignment
- Visualization, imagery, inner journeying, and resting in deeper states of consciousness

This training is for yoga teachers, wellness practitioners, mental health professionals, and students seeking to deepen their understanding of the transformative practice of conscious rest. Includes 20 hours instruction, plus 5 hours group/practicum.

REGISTER

gītā study: an overview of the Bhagavad Gītā

with Heather Beier + Mollee Sheehan

WEDNESDAY, AUGUST 11, 2027

Times: 6:00pm-8:00pm, (2 HRS)

Tuition: \$40

prerequisites: Open to practitioners with an established personal practice.

Location: Virtual (recording available)

The Bhagavad Gita is one of the most beloved and enduring texts in the yogic tradition, a conversation between the warrior Arjuna and his charioteer Krishna on the eve of battle. But the battle, as every serious student of yoga eventually discovers, is not really about war. It is about the war within, the daily struggle between clarity and confusion, between dharma and desire, between who we are and who we are called to become.

This two hour introduction with Heather Beier and Mollee Sheehan offers an accessible and welcoming entry point into one of yoga's most essential texts. We will explore the context and origins of the Gita, its relationship to the Yoga Sutras and the broader landscape of yogic philosophy, and the core teachings that remain as alive and relevant today as they were thousands of years ago.

No prior knowledge of the Gita or yoga philosophy is required. Whether you are encountering this text for the first time or returning to it with fresh eyes, this session will leave you with a felt sense of why so many practitioners consider the Gita not just a text to be read but a companion to be lived.

[REGISTER](#)

recommended reading

The following texts support and deepen your studies throughout the Advanced Training Catalog. Required texts are noted by course below. Suggested titles are offered as companions for the journey, books to return to again and again as your practice and understanding evolve.

REQUIRED TEXTS

Inside the Yoga Sutras: A Comprehensive Sourcebook for the Study and Practice of Patanjali's Yoga Sutras by Rev. Jaganath Carrera

Required for: *Sūtra Study; Practice + Purpose; Philosophy of the Heart; Yoga + Meditation for Mental Wellbeing*

The Secret Power of Yoga: A Woman's Guide to the Heart and Spirit of the Yoga Sutras by Nischala Joy Devi

Required for: *Sūtra Study; Philosophy of the Heart; Practice + Purpose; Yoga + Meditation for Mental Wellbeing*

The Heart of Yoga: Developing a Personal Practice by T.K.V. Desikachar

Required for: *Sūtra Study; The Art of Sequencing*

Bringing Yoga to Life: The Everyday Practice of Enlightened Living by Donna Farhi

Required for: *Practice + Purpose; Philosophy of the Heart*

Moving Inward: The Journey to Meditation by Rolf Sovik, Psy.D.

Required for: *Yoga + Meditation for Mental Wellbeing; The Yoga of Resilience; Foundations of Yoga Nidra; and Freedom + Focus: Mantra, Mudra + Yantra*



Heather Beier

Lead Trainer

E-RYT500, Yoga Medicine Therapeutic Specialist,
studio owner, YACEP

Heather Beier is a practitioner, teacher, and facilitator known for her authentic presence and guidance. Her classes, trainings, and retreats are centered around the governing principle of helping people live alive and embodied in presence by connecting deeply to the intelligence of the body and embodying the philosophies into daily life. She has a deep reverence for the practice and has been guiding students for over a decade pulling from multiple traditions and teachings.

Heather lives in the river town of Winona with her partner, two daughters, and a bunch of goats and chickens.



Mollee Sheehan

Lead trainer

E-RYT 500, AYS, TIYT, YACEP

Mollee is an experience certified trauma-informed, mind-body resilience-educator and Ayurvedic yoga specialist, specializing in personal and community transformation through movement, meditation, and other practices that support connection and whole-being wellbeing. For the past 25 years, Mollee has shared these life-supportive practices in a way that welcomes and honors the unique brilliance of those she is privileged to work with.

She leads mind-body workshops, teacher trainings, retreats, and organizational well-being consultations in the upper Midwest, and online.

Mollee's heart is happiest when exploring our remarkable planet with her adventure buddy/husband, and two adult sons.



Asavari Manvikar

Ayurveda Doctor

She earned her Bachelor's in Ayurvedic Medicine and Surgery (BAMS) in 1997 and her MD in Kayachikitsa (Ayurveda Medicine) in 2000 from the University of Pune in India. Through her BAMS courses, she learned how to integrate mainstream Allopathic medicine with holistic Ayurvedic medicine. Asavari demonstrated her expertise by earning a gold medal for her scholarly thesis by the Indian Institute of Medicine.

Now based in Minneapolis, MN, Asavari is the founder of Ayuwellness and co-founder of the Minnesota Institute of Ayurveda. Beyond Ayurveda, she enjoys being a mother, wife, professor, and yoga teacher.



Kristin Olson

E-RYT 500, iRest Yoga Nidra Meditation, AYS

For over 20 years Kristin has been working in mental health settings supporting, children, adolescents and adults. Kristin had a desire to teach yoga with the intent to help others reconnect to their bodies and a place of calm within. What she did not anticipate was her own beautiful journey of self-discovery through the practices.

Kristin is joyously offering mindfulness based yoga classes, and iRest Yoga Nidra classes at the VA Health Care System for Veterans with PTSD, depression, anxiety, and chronic pain. Seeing the Veterans find a sense of peace through these practices motivates her to continue sharing these ancient teachings. Kristin has also provided classes for inmates in the Minnesota Correctional Facility, and through a local organization that offers safe shelter, and support for battered women and their children.



Randi Campbell

RYT500, MFA, Artist

Randi is a student of Life.

She has been guiding Restorative yoga classes since 2021 and takes such care in crafting her classes~creating a meditative work of art that students have an opportunity to embody and experience.

Everything Randi creates is an outward expression of her loving heart that she openly shares with anyone who joins her class. She is thorough, knowledgeable and takes time to ensure everyone feels seen and welcomed. You will leave her class with a renewed spirit, relaxed body, and open heart. She creates a space where spirit, HeArt, and yoga authentically shine through.



Tanya Boigenzahn

E-RYT 500, C-IAYT, RTT, AYS, CHTP, YACEP & Reiki Master

Devoted to sharing the gifts of yoga, wellness and well-being with clarity, fun, ease, and joy, Tanya is a long-time yoga practitioner and teacher dedicated to the constant evolution of her own soul. She mentors students from all walks of life to living in light and reaching their fullest potential. Her background is diverse with including a rich study of Hatha Yoga, Tantra, Ayurvedic Yoga Therapy,

Meditation, Ashtanga Vinyasa, Restorative, Prenatal, and more. She is also the Founder/Director of Devanadi Yoga & Thai Yoga Bodywork, LLC in Minneapolis, MN.



Jianna Hoss

Jianna Hoss is a movement and yoga educator who blends yoga philosophy, asana, somatics, mindfulness, and anatomy with curiosity and joy.

She creates practices that support strength, restoration, and deeper connection to self. Her work is rooted in continuous learning and a love for guiding others toward embodied, sustainable movement that feels good.

muddy retreats *come away with us*

The practice doesn't end at the studio door. Some of our most transformative teaching happens far from home, in places where the air is different, the pace slows down, and something in you remembers what it came here to do.

These are our upcoming retreats. We'd love for you to join us.

2027

MADEIRA, PORTUGAL

June 13-20, 2027

Volcanic cliffs, lush valleys, and the wide Atlantic. Madeira is unlike anywhere else on earth, and this retreat is sold out and waitlisted, which tells you everything you need to know.

→ Join the waitlist at muddywatersyoga.com/madeira

ALGARVE, PORTUGAL

June 20-27, 2027

Golden coastline, warm evenings, and a week designed to fill you back up. A back-to-back opportunity for those who want to experience both sides of Portugal in one beautiful journey.

→ Reserve your spot at muddywatersyoga.com/algarve

2028

YOGA + SURF, PAVONES, COSTA RICA

Coming 2028

One of the longest left-hand waves in the world. A remote jungle coastline and a week of yoga, surf, and the kind of quiet that only comes when you're truly off the grid. Details coming soon.

→ Get on the interest list: heather.beier@muddywatersyoga.com



Our foundational yoga study
and 200-hour yoga teacher training
opens for registration
April 2027.

Get on the I'm Interested list by emailing
heather.beier@muddywatersyoga.com

