



OM WITH Jerome YOGA TRAINING

FEBRUARY 10-15, BARCELONA

Welcome to the Om with Jerome 50-hour Yoga Training intensive, geared towards teachers and enthusiastic students who would like to deepen their yoga knowledge in a playful Hatha-Raja atmosphere.

The training offers several yoga practices that may be used for self-practice or for teachers to share with their students. The journey will help you develop and strengthen your own practice, which is where all teaching should come from. The days will include yoga philosophy and pranayama, meditation, kirtan, partner poses, and a yoga sequence and manual developed to give the practitioner a deeper understanding of practicing with strength and grace. The sequence will be led by Jerome and each

student will have the opportunity to teach it as well. Even if it is not your goal to teach, by teaching, you will better understand the practice and thereby strengthen your own.

The 6-day training will be held in Barcelona in a beautiful and spacious studio with all the comfort needed to go deeper into the Self. We will conclude our training with a powerful and energizing sadhana that will leave you in a state of joy and wonder.

Are you ready to deepen your knowledge and practice? Join the journey.

(Eligible for Yoga Alliance continuing education credits)

Dates: February 10-15, 2025

Times: 10 a.m. to 6 p.m.

Location: Maha Ma Yoga

Carrer de Badajoz, 86, Sant Martí, Barcelona

Earlybird investment

offered through Jan 3: 550 euros

After Jan. 3: 600 euros

(Refunds are not available. Only vouchers.)

Payment to

-N26 Bank

Jerome Jonathan Burdi

IBAN: ES1215632626333268330579

Bic: NTSBESM1XXX

Please send a transaction screenshot via Whatsapp: +34 657056217

-Or PayPal (friends and family option): 108omjerome@gmail.com

Teacher Bio: Jerome Burdi is an 800-hour certified Dharma Yoga teacher from New York City. He practiced with Sri Dharma Mittra for nearly seven years in New York and taught at the Dharma Yoga Center for 3.5 years. He now lives in Barcelona and teaches master and all-levels immersions and trainings in yoga schools around the world. His website is Omjerome.com.

COURSE SCHEDULE AS FOLLOWS

Monday:

- Pranayama, kirtan, yoga sequence
- Lunchbreak
- posture breakdowns

Tuesday:

- Pranayama, kirtan, handstands/inversions
- Lunchbreak
- yoga nidra/ asana

Wednesday:

- Pranayama, kirtan, yoga sequence
- Lunchbreak
- Philosophy with Alvise

Thursday:

- Pranayama, kirtan, yoga sequence
- Lunchbreak
- Sequence taught by students

Friday:

- Pranayama, kirtan, yoga sequence
- Lunchbreak
- Sound journey with Max/
Alma de Damaru kirtan

Saturday Immersion:

- Puja fire ceremony
- Master Class
- Yoga Nidra
- Lunch break
- Maha Sadhana

21h Saturday: Meet for dinner at Indian Restaurant for those in the training who like to join us--(Meal is not included in training tuition).

Course days will be from 10:00-18:00

Lunchbreaks will be 14h-15:30

There is a refrigerator on premise, but eating in the shala is not permitted.

