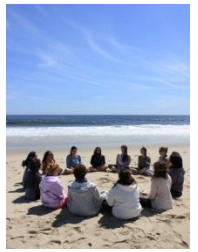




Internationally recognized YA 200 Hour Yoga Teacher Training

Begin training: September 30, 2016



In accordance with YA standards to become a **Registered Yoga Teacher** this training includes:

- Specialized workshops to deepen your personal practice
- Alignment, modifications and benefits of principle asana
- An introduction to Aryurveda with a 21 day cleanse to re-set the body
- Sanskrit for yoga postures and mantra
- Safe and effective sequencing for a Vinyasa and Hatha yoga class
- Anatomy of yoga postures
- Healing Aspects of Yoga: Chakra Balancing and Overview of Energetic Bodies
- Sivananda Yoga, including pranayama and Meditation
- Learn basic hands-on physical adjustment
- The opportunity to observe and assist a live yoga class
- Study with guest teachers
- Cultivate your voice
- 2 private yoga sessions
- Reiki Level 1 Attunement

Training Schedule:

Fridays 6 – 9pm

Saturdays 11am – 6pm

Sundays 12 – 4pm

(Sept. 30 – Oct. 2, Oct. 14- Oct. 16, Oct. 29 - 30, Nov. 4 - 6, Nov. 11 - 13, Nov. 18 – 20, Dec. 3-5, Dec., 16 -17, Jan. 6 – 8, Jan. 13-15, Jan. 20-22, Jan. 27 – 29) *Classes can be made up for missed dates*

Course Fees:

Early registration is \$2,500 if paid by September 12th

Tuition is \$2,900

All teacher trainees will receive a free **BEYOGA** membership while in training

Interested:

90 minute all levels Vinyasa flow class

August 27 11am

Stay for a Q&A afterwards

Any questions email beyoga@spa23.com

BEYOGA
TRADITIONAL & HOT YOGA