



WESTONYOGA
& WELLNESS CENTER

200 hr RYT

TEACHER TRAINING



Expand Your Practice!

Weston Yoga's Teacher Training is for anyone who would like to become a certified yoga teacher or to deepen his or her yoga practice. The course will integrate a variety of yoga traditions including Ashtanga, Vinyasa Flow, and Iyengar, and will cover the basic yoga asanas found in classical Hatha Yoga classes. Breathing, meditation, anatomy, physiology, ethics, assisting, correcting, philosophy, yoga sutras, teaching styles and qualities of a good teacher will be taught. This course will integrate many styles of yoga to develop a well-rounded yoga teacher and/or yoga student. This course has been designed to meet the current guidelines set by Yoga Alliance. Course curriculum created by Nancy Wile who earned her doctorate in health education at Columbia University.

CLASS SESSIONS SCHEDULE

Class Session to Meet:

Free unlimited Classes for 2 months with complete tuition payment.

The Dates of the training will be:



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