

WESTON YOGA & WELLNESS CENTER

200 hr RYT

Teacher Training

Summer Intensive June 16th-June 30th, 2019
with Fabienne C. Grossman, RD/LD, E-RYT 500, YACEP



Expand Your Yoga 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:

Mon-Thur 1-6 pm

Friday 12 pm - 5 pm

Sat & Sun 1-6 pm

2month Unlimited Classes w/ paid tuition

The Dates of the training will be:

June 16, 17, 18, 19, 20, 21, 22, 23,
24, 25, 26, 27, 28, 29, 30

Receive \$300 off with payment by
4/30/19.

Pre- Registration Required.

Cost of Training: \$2999 + Registration Fee: \$95 = \$3094

Call or email for more information or to register



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