

Yoga Teacher Training Summer Intensive Charlotte, NC. August 17-28, 2019 (RYT 200)



Discover your own amazing power through our Yoga Teacher Training.

Through this training, you'll gain a deeper understanding of the many layers of yoga, advance your own practice, and learn to teach transformative classes to others. Register now for this training, where you'll learn to harness the power of yoga to make a positive difference for yourself and others.



Topics covered during the training include:

- History and philosophy of yoga, and how it applies to everyday life.
- Teaching and practicing yoga asanas (standing, seated, lying postures, inversions, etc.)
- Teaching different styles of hatha yoga, and the art of sequencing
- Functional anatomy as it relates to yoga practice, and biomechanics of movement
- Teaching and practicing pranayama, bandhas, meditation, and mindfulness
- Effective use of yoga props, partner yoga, and hands-on adjustments
- Teaching restorative yoga, relaxation, and yoga nidra
- Ayurveda, intuitive eating, and nutrition for healthy living
- Sanskrit pronunciation and meaning for yoga teachers.
- Business success for Yoga Teachers. Planning successful yoga workshops and retreats.
- Discovering your unique voice as a yoga teacher. Harnessing the power of yoga to surpass your limitations and improve your life and the lives of your students.

This program fulfills the requirements for RYT 200 certification with Yoga Alliance.

Where: Elemental Healing, 5200 Park Road, Suite 200-C, Charlotte NC 28209

When: Group Training Workshops: August 17-28, 2019

Practicum is scheduled individually

Presented by:

Fabienne Grossman, RD, LD, E-RYT 200, RYT 500, YACEP www.fabiennegrossman.com

Nancy Wile, Ed.D., E-RYT 500, YACEP www.YogaEducation.org

Together, Nancy and Fabienne have 25+ years' experience offering yoga trainings.

Space is Limited. Register Now.

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YogaEducation.org/200-hour-program-north-carolina.html