

200 Hour Yoga Teacher Training Intensive

Take your yoga practice to the next level. Dive deep into the knowledge of yoga through a physical practice and personal discovery. This intensive will teach you the fundamentals to teach vinyasa yoga, with knowledge in the chakra system, yin yoga, restorative yoga and more. Upon completion, you will have the skills to confidently and safely teach and share your knowledge of yoga.

Date: April 9-19, 2020
Location: Medicine Hat

April 9 5pm-11pm
April 10-19 Typical Day
6:00am-Meditation/Practice/Breathwork
8:00am-Chakra Theory/Personal Discovery
9:30am-Practice Teaching
12:00pm -Lunch
12:30pm-Assisting
2:10pm-Lecture:Anatomy/Philosophy/History
3:40pm-Practice Teaching
7:00pm-Supper
7:30pm-Lecture:Anatomy/Philosophy/History
9:00pm-Meditation/Journaling/Restorative Nidra
11:00pm-End

Early bird pricing: \$2950
After Jan 31 - \$3450

\$500 non-refundable/nontransferable deposit must
be paid before Jan 31 for early bird registration
Accommodations and meals not provided.

Taught by E-RYT
Salli Siewert & Roxanne Baird



To register call, text or email Salli.

Yoga You4ia | 104 - 1235 Southview Drive SE, Medicine Hat, AB T1B 4K3
phone: 587-289-3500 | email: info@yogayou4ia.com
facebook: facebook.com/yogayou4ia | website: www.yogayou4ia.com