

200 HR YOGA TEACHER



TRAINING

Sept 7-23,
2019

with Terri McDermott, E-RYT and Marion (Mugs) McConnell, E-RYT500.
Join us on the Island of Vieques, Puerto Rico!

Tuition includes all textbooks, manual, online anatomy course, your room & daily lunches. SAVE \$200 REGISTER by July 1!

\$3500 single room (\$3700 after July 1). \$3000 shared room (\$3200 after July 1). \$2525 off site/no room needed (\$2725 after July 1st). Rooms are in 3 bedroom suites with kitchens in exquisite beach house. PLEASE arrive the evening of Sept 6th for early morning start on the 7th.

Improve your personal yoga practice! Learn more about the roots of yoga! Develop great teaching skills and create exciting classes! SOYA's Yoga Teacher Training is designed to help you gain an extensive understanding of the true, classical science of Yoga. Start at home with written philosophy assignments, then we gather for 17 days, immersing ourselves in traditional yoga lifestyle! The training is extremely comprehensive and includes:

- Classes in various styles of asana
- Enhancing Teaching Skills learning modifications, benefits and precautions for asana
- Daily practices in pranayama, meditation, mantra, kriya, asana, and mudra
- Anatomy of Yoga
- Lesson Planning and Sequencing
- Philosophy studies in Chakras, Yoga Sutras, Bhagavad Gita, & Sanskrit
- Ongoing support after training!



CONTACT Terri McDermott: nevaeh48809@yahoo.com ph 616-894-2410 or



Register here <https://soyayoga.com/200hr-usa-yoga-teacher-training-puerto-rico-cc/>



South Okanagan Yoga Academy is a Registered School with Yoga Alliance and an Affiliate School for the International Yoga Teachers Association (IYTA)