

300 HR ADVANCED YOGA TEACHER TRAINING

Upgrade to RYT500!

with Terri McDermott, E-RYT and Marion (Mugs) McConnell

**Two – 12 day modules: Oct 6-17, 2019 in Traverse City, Michigan and
March 13-24, 2020 in New Smyrna Beach, Florida!**

[\\$3225.00US includes all textbooks, manual, and daily lunches. Payment plans available. Homework is required prior to each module.](#)

[Billing is available in the house at each location for a fee of \\$25 per night.](#)

The **SOYA 300 hour Advanced Upgrade** immerses you in the tradition of “intense sadhana” where you experience ashram life, living your yoga daily while deepening your knowledge and teaching skills. The immersion provides detailed instruction and practice in three core areas: **Inclusive Specialty Yoga, Advancing Teaching Skills, and The Subtle Anatomy of Yoga**. You will participate in and take the leadership role in various meditations, mantras, chanting, and pranayama. The training is extremely comprehensive and includes:

- Creative Sequencing and Building Themes
- Planning Private Sessions, Workshops and Retreats
- Finding your Market Niche
- The Power of Voice and Body Language
- Advanced Pranayama
- Chakras, Granthis, Koshas and Lokas
- Meditation, Mantras, and Mudras
- Karma, Reincarnation, and Service
- The Mythology of Yoga
- Enhancing Teaching Skills in Inclusive Yoga for All
- Philosophy studies in Hatha Yoga Pradipika and the Upanishads, & Sanskrit Writing
- Ongoing support after training!



CONTACT Terri McDermott to Register:

nevaeh48809@yahoo.com ph 616-894-2410 or

Register here <https://soyayoga.com/300hr-usa-yoga-teacher-training-registration-cc/>

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