



EVERYDAY BLISS
YOGA + MASSAGE

Make a Career Out of Good Karma

Yoga and Massage Trainings

Yoga Training

Deepen your yoga practice or become a yoga teacher – in a journey of self-discovery, supported by a caring community of teachers and students. The program is steeped in the classical yoga teachings and the traditional yoga practice. *No experience required.*

- Techniques, Training and Practice
- Teaching Methodology
- Anatomy and Physiology
- Ethics for Yoga Teachers
- 200hr Program

Massage Training

Help others open up to their best selves, while creating flexibility in your own life. Massage Therapists are in high demand – begin your path to a fulfilling career by registering today. *No experience required.* Training includes:

- Anatomy, Physiology, Kinesiology
- Theory, Technique, and Practice
- Student Clinics
- CPR and First Aid
- 750hr Program



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FREE INFO SESSIONS: VISIT WEBSITE FOR DETAILS