

# 200 HOUR-YOGA TEACHER TRAINING & PERSONAL DEVELOPMENT PROGRAM

**DEADLINE TO APPLY: SEPTEMBER 1, 2018**

**12 Weekends  
8:00 am - 5:00 pm  
(1 hour break for lunch)**

*"Now is the time to practice yoga."  
-Yoga Sutra 1.1*

Are you ready for a life-changing experience? Thinking about sharing the joy of yoga while developing skills and techniques for finding your own inner peace and happiness? Yoga Teacher Training may be just for you! The Center offers a 200-Hour Certification Program with teachers trained in the Himalayan Tradition and is currently accepting applications for the fall program.

**For specific dates and more information please visit:  
<http://fdlcsh.wixsite.com/fcsh/yoga-teacher-training>**

**Investment: \$2,999**

Payment options available



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