

KRAMAS

yoga



Join us in Sun Prairie
Wisconsin!



Yoga Teacher Training: Winter 2018 - Spring 2018

KRAMAS (certified by Yoga Alliance as a 200 hr. School) offers a teacher training that honors and values the diversity and history of all students. The coursework, taught over the course of ten weekends, is designed to meet the needs of students with complex schedules. The Sanskrit term, *kramas*, signifies the evolution on a pathway, or the gradual steps that are taken on a progression.

Contact Jessica and Al Noche at:

info@kramasyoga.com

608.213.0900

This yoga teacher training is for practitioners of yoga who want to deepen their personal practice of yoga and extend their knowledge of yoga philosophy. It is also for those who would like to eventually teach yoga to adults, potentially within a studio setting. A student's ability for success in this program is based on their discipline and integrity while working within the scope of the system of yoga, both in their daily lives and during the modulated weekends.

For weekend schedules and course details please visit our website: www.kramasyoga.com

Tuition: \$2875

Flexible Payment Plans Available