

2018 Vinyasa Yoga Teacher Training (200 Hour)

Led by:

pura vida yoga

Gain confidence, skills and experience to teach challenging, dynamic and FUN yoga classes for participants of all levels and ages! Graduates will be registered with Yoga Alliance as 200HR Certified Vinyasa Yoga Teachers.

CURRICULUM:

Teaching, supporting, assisting, and holding space / Power Vinyasa, Yin, Restorative, Alignment, Slow-Flow, and Beginner's Yoga / Anatomy & Physiology / History of yoga and the branches of yoga styles / Living a yoga lifestyle – Ayurveda / Pranayama, Meditation, and Yoga Nidra / Business of Yoga / Bhakti Yoga / Teaching to Special Populations / Use of Essential Oils / a LOT of practice teaching in live classes and more!

COST: \$3,500 (per 200hr session - includes \$100 application fee)

SPRING SESSION DATES:

- MAR 9-11
- MAR 23-25
- APR 13-15
- APR 27-29
- MAY 11-12 (NO SUNDAY)
- MAY 18-20
- JUN 1-3
- JUN 9

FALL SESSION DATES:

- SEP 7 – 9
- SEP 14-16
- SEP 28-30
- OCT 12-14
- OCT 26-28
- NOV 9-11
- NOV 30 - DEC 2

HOSTED BY:



1981 Midway Rd, Unit D
Menasha, WI 54952

www.yogaelementswi.com

FRIDAYS: 5:00PM – 9:00PM

SATURDAYS: 7:00AM – 8:00PM

SUNDAYS: 7:00AM – 8:00PM

LUNCH AND DINNER BREAKS PROVIDED

TO REGISTER OR GET MORE INFO, PLEASE CONTACT: CRYSTAL M HILL

PURAVIDACRYSTAL@HOTMAIL.COM / 920-851-1084