

# 240 HOUR YOGA TEACHER TRAINING

## @ 5 Koshas Yoga & Wellness, Wausau

**10 weekends over 13 months • starts May 4, 2018**

Apply by Feb 15, 2018

**Understand Yoga Deeply**

**Teach Effectively ~ Inspire**

- Dynamic curriculum
- Adapt yoga to the student, all ages & interests
- Teaching skills for groups & individuals
- Teach in a variety of settings, including health care, education & worksite
- Professional mentoring, life-long colleagues



**5 Koshas**  
yoga and wellness



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RYT-200 eligible with Yoga Alliance Program approved by the WI Educational Approval Board through River Flow Yoga Teacher Training School.

