



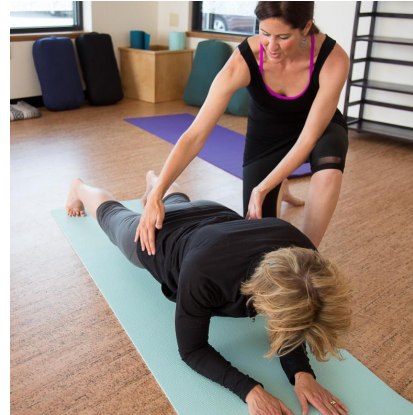
5 Koshas
yoga and wellness

Why take a yoga teacher training?

Engage in **personal practice** that informs your individual journey and forms the foundation of teaching.

Gain knowledge of the comprehensive **tools of yoga** - asana (postures), pranayama (breathing practices), sound, meditation and philosophy.

Transform your passion for yoga into something that you can share with others.



[Learn More](#)

Why take the *River Flow Yoga Teacher Training* at 5 Koshas Yoga & Wellness?

- Evolve your own personal practice to one that ***fits your individual needs*** and supports you in your life's journey.
- Learn how to ***refine the practice for physical, energetic and mental needs and goals of students.***



"My life, my health, my energy, and my passion for yoga have all been transformed by participating in this teacher training program. I am much more aware of the function of yoga poses and how the breath is a natural source of energy & vitality."

- Carrie Kubacki, graduate, 2016-17 program

Hone your ***planning and classroom skills for teaching*** a diversity in students and in different settings. Our



past graduates are teaching in schools, universities, yoga studios, senior centers, community centers, worksites and health care settings.

Practice skills with the help of **experienced Viniyoga mentors and teachers.**

"The team of faculty are remarkably consistent - both in their knowledge and in their patience and support of students."

-Marita Hattem, graduate, 2016-17 program

Gain a strong foundation in the **authentic lineage of Viniyoga** as transmitted by Gary Kraftsow, a master level teacher and Yoga Therapist. The program provides opportunities to **continue to advanced teacher training and Yoga Therapy training** with the American Viniyoga Institute.

Integrate what you're learning through a **weekend program** that gives you time to process each step.



"I've never been part of something so unique as the River Flow Yoga Teacher Training. Everything was so positive! Each one of the faculty brought a new perspective & contributed to the lessons at hand!"

-Heather Grace, graduate, 2016-17 program

Download the School Catalog & Application

Important Deadlines & Gift Certificates

Apply anytime up to February 1, 2018 to reserve your spot.

[Download the application.](#)

Early-bird Tuition Discount - pay by March 4, 2018.

Do you have questions about the program?

Would you like to connect with others who have graduated from the program?
Contact me if you would like to talk by phone or Skype. Overcome the obstacles!

Gifts Certificates for Yoga Teacher Training & More

Consider asking your family & friends to support your goal to take a yoga teacher training. Gift certificates from 5 Koshas Yoga & Wellness can be applied to classes, special events, teacher training, acupuncture and massage.

[Gift Certificates](#)

Warmly,

[Mary](#)

c: 715.218.7120 (text or call)

Mary Hilliker, RDN, E-RYT 500, C-IAYT
Certified Viniyoga Teacher and Yoga Therapist
Lead Teacher, River Flow Yoga Teacher Training School
at 5 Koshas Yoga & Wellness



Mark Your Calendar!