

TOSA YOGA CENTER TEACHER TRAINING PROGRAM 200 HOUR LEVEL



Now accepting applications for our 2019 program!

Melanie Landgraf - Program Director
Jes Davies - Assistant Program Director



Tosa Yoga Center's 200 Hour Teacher Training Program will teach students how to plan purposeful classes focused on proper sequencing, sensible use of teaching techniques, and knowledge of how the body moves. Students will learn to read the room, adapt to the energy of the class, and provide a space that facilitates well-being for the individuals who attend their classes. Additionally, by studying yoga history and philosophy, self-care practices, and yoga's subtle, energetic teachings, students will continue to deepen their own yoga practice and become inspired to live their yoga. This program is open to all students who wish to become yoga teachers and also to those who wish to deepen their own yoga practice and journey.

**2019 Program begins on January 5th
and ends on November 17th, 2019**
Applications are due on December 1st, 2018

To Apply:
Visit TosaYoga.com/BecomeATeacher
to download our school catalog.
Contact Melanie, Program Director, with any questions:
melanie@tosayoga.com or 414.828.7555

tosa yoga
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