

# Do you love yoga?

**Have you thought about becoming a yoga teacher?  
Are you a life long learner?**

*If you answered yes to ANY of these questions, then our Tosa Yoga 200-Hour Teacher Training Program may be for you! You don't just have to want to be a yoga teacher to participate in a teacher training program.*

Our program provides quality yoga education to those who wish to teach yoga OR deepen their own yoga journey. You will learn how to offer meaningful yoga classes and teach in a caring, ethical way. You'll also explore deeper aspects of your own yoga practice, discover your unique style and voice, gain a deeper sense of confidence and purpose, and how to truly live your yoga.

## **What You'll Learn:**

- Yoga history and philosophy
- Self-care practices
- Yoga's subtle, energetic teachings
- How to live your yoga and share it with others
- How to plan purposeful classes with proper sequencing
- Sensible use of teaching techniques
- Knowledge of how the body moves
- How to read the room and adapt to the energy of a class

## **Our Instructors:**

Melanie Landgraf, Program Director and Jes Davies, Assistant Program Director both serve as the primary teacher trainers. With over 35 years of combined yoga experience, and a shared passion for exploring the yogic path, Melanie and Jes offer a fulfilling experience for all students of the program.

## **What our students have to say:**

*"I would highly recommend the Tosa Yoga Center Teacher training program as it has surpassed my expectations! Melanie and Jes not only teach you how to sequence a safe and effective class but they guide you on a journey of self discovery while cultivating a sense of community within our group. I have deepened my own yoga practice and grown as a person in just a few short months!"*

*"The Tosa Yoga Teacher Training Program allowed me to carve out time in my schedule just for me – to read, to practice, to meditate and to build classes. I entered into the program with self-centered goals and I'm leaving the program with a solid understanding of this fascinating practice and the awareness that learning never stops."*

*"Melanie and Jes's backgrounds and personalities are a great balance, and each one brings in so much knowledge and experience that you can feel they are pouring their hearts and souls into this program. I have no doubt that I'll not only leave this program confident to teach a thoughtful, well-designed class, but also have deeper connection to my own self and personal practice."*

**Our 2019 Program begins on January 5th and ends on November 17th, 2019**

Applications will be accepted through December 1st  
Early-bird payment (\$100 off) ends on November 1st

**Download your School Catalog at [tosayoga.com/becomeateacher](https://tosayoga.com/becomeateacher) for details!**

## **Questions?**

Visit [tosayoga.com/becomeateacher](https://tosayoga.com/becomeateacher) for a Q&A sheet, email [melanie@tosayoga.com](mailto:melanie@tosayoga.com), or attend one of our FREE info meetings!

