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milwaukeepoweryoga ✨ Our next Yoga Teacher Training Program starts in January! Jackie Kerkman and Alexa Deacon, MPY teachers and founders of Movewell Yoga School will be leading this 200 hour Yoga Alliance certified program. Taught over the course of 10 weeks and weekends, Movewell Yoga School's 200-hour teacher training provides the building blocks to dive deeper into your own practice or to step into the role of a teacher. This training focuses on yoga history, meditation, pranayama (breathwork), anatomy, and teaching methodology.

🌿 Checkout some quick facts about the program below and then see our website for more details & to submit your application.

