

Namaste Ocean Yoga School™

Yoga 4 Yachties



www.namasteoceanyoga.com

vikāratas = change



“The Student becomes the Teacher”



Deepen your practice, gain knowledge and skills to teach others.



*200 hr Online /In Person
Yoga Teacher Training*

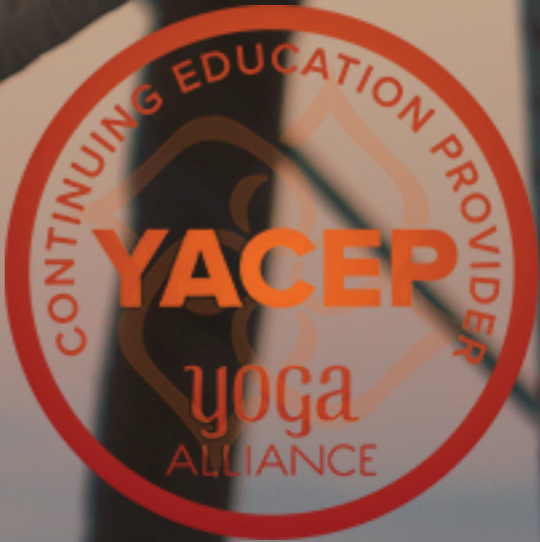
Your Teachers

Leanne Hembrow - Lead Teacher

ERYT-200 500 RYT

Susan (Paschal) Richardson - Co-Trainer

ERYT-500 YACEP



200hr Yoga Alliance Certification

RY'S Driftwood Yoga/Aerial LLC.

Namaste Ocean Yoga School™

MEET YOUR TEACHERS



Leanne Hembrow



Susan Richardson



*Leanne Hembrow - Lead Teacher
Yoga Alliance Registered 122921
ERYT-200 - 500hr RYT*

Leanne is the founder /creator of Yoga 4 Yachties - Namaste Ocean Yoga and Sail Wellness™ She has over 14 years experience, holds a 200-hour certification + 400-hour certification with internationally renowned yogi Eoin Finn + 300-hour certification from veteran yoga teacher Susan Richardson. Leanne has been instrumental in introducing yoga to the sailing community, Fiji Pacific island communities & Australia.



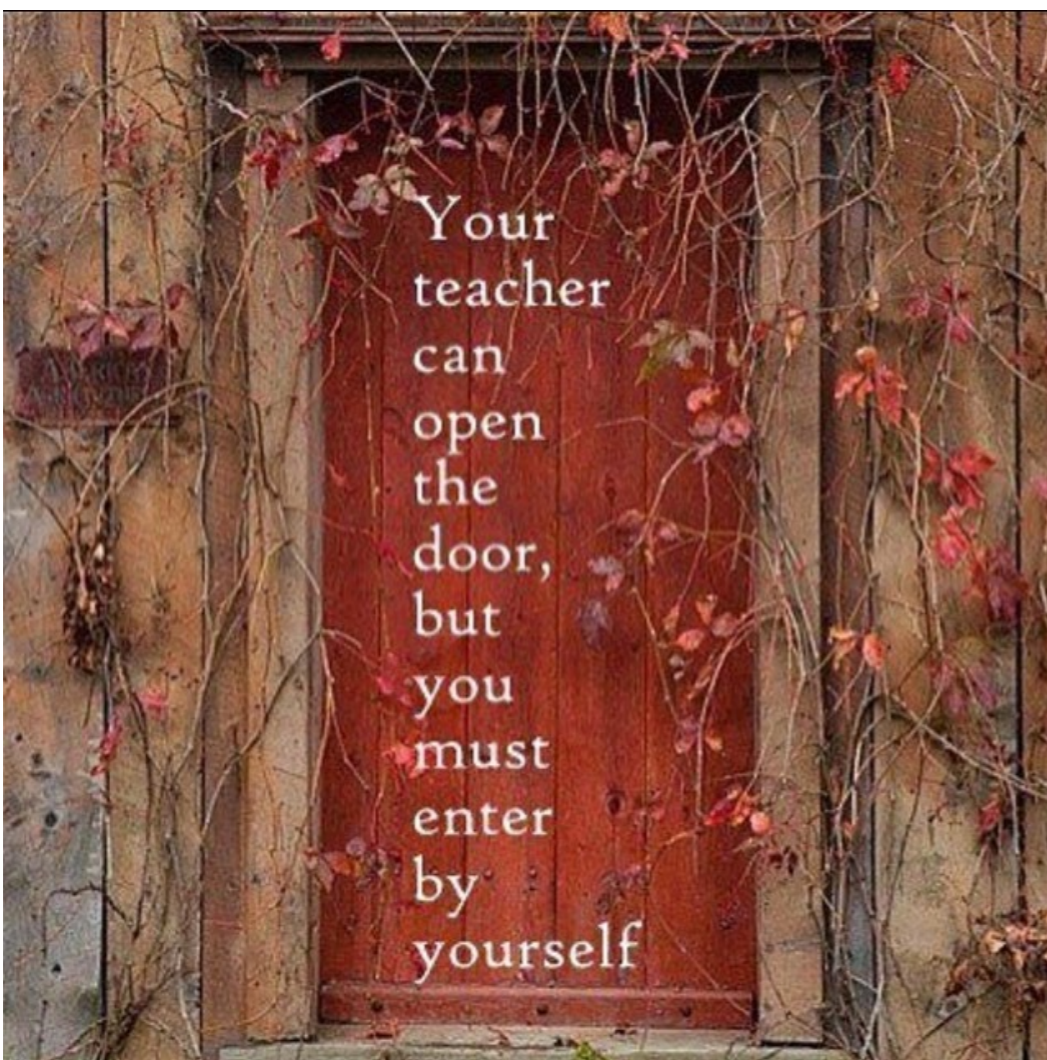
*Susan (Paschal) Richardson - Co- Trainer
Yoga Alliance Registered
ERYT-500 YACEP*

Susan is the founder of Driftwood Yoga/Aerial, LLC. She is a veteran yoga teacher with over thirty years of experience, not to mention growing up and being fully immersed in the tradition...Susan holds a 200-hour certification with Bhakti Yoga, and a [500-hour certification](#) with the nationally acclaimed yogi, Rolf Gates. She also studied with Anusara immersions for three years. Susan runs a aerial arts company and trainings through her virtual studio Nomad Studios





Teacher training is one of the most special moments in your yoga journey, whether online or in person both will fill you up with love.



Online/In Person 200 hr Yoga Teacher Training

Namaste Ocean Yoga School™

- Early Bird special available
- Weekly/Monthly pre -payment D/D available
- Receive a Yoga Alliance Certified Certificate on completion.

[Link to learn more about upcoming YTT 200 hr training](#)

What you'll learn on your Yoga Journey to Teacher:

- Classical alignment of postures, in-depth understanding of asana and yogic techniques.
- How to strengthen your personal practice, mind-body connection and emotional resilience.
- How to intelligently sequence and teach creative yoga flows
- The origins of yoga history and philosophy
- Breath and meditation techniques to help manage stress and anxiety
- Increased self awareness + personal growth
- The key principles and application of anatomy and physiology
- Insights into the business of yoga and find out how to thrive as a teacher

You'll learn the ancient art of yoga in its different forms, from asana and alignment techniques through to pranayama and meditation, and be guided on a transformational journey that will inspire, challenge and empower you on the mat and beyond.