

# Advanced Training Series

Take 1, 2 or maybe even all 6

## PHILOSOPHY & ETHICS OF YOGA

Starts Oct. 16

8hrs per week x3 = 24hrs total

\$300

## ANATOMY & PHYSIOLOGY OF YOGA

Starts Jan. 8th

8hrs per week x3 = 24hrs total

\$300

## ELECTIVES

Weekend of March 18

2 8hr workshops

\$150

## YOGA ASANA 1 (POSTURES)

Starts Nov. 20

8hrs per week x5 = 40hrs total

\$550

## YOGA ASANA 2 (POSTURES)

Starts Feb. 12

8hrs per week x5 = 40hrs total

\$550

## 200 RYT CERTIFICATION

Starts April 2

60hrs teaching and observation arranged 1:1

\$1150