

Santosh Yoga

200 Hour Teacher Training

Next session starts in the fall of 2012



"The teacher who is indeed wise does not bid you to enter the house of his wisdom but rather leads you to the threshold of your mind". ~ Kahlil Gibran ~

Yoga is for everyone and anyone can benefit from it. You don't need to be an athlete or a dancer to do, teach or enjoy yoga. In this course you will immerse yourself in the traditional practices of yoga.

This program is a unique opportunity for sustained immersion in the ancient art/science of yoga which will lead you to a deeper aware of yourself and the world.

Whether you are an aspiring yoga teach or a practitioner who wants to know more about the yoga tradition, this training will provide you with a unique structure in which to experience the vast benefits of yoga.

You will come away from this 16 week program with the knowledge of:

- The inner and outer workings of yoga.
- Master Patangalis "Yoga Sutras"
- Eight Limbs of Ashtanga Yoga
- How to start & keep a meditation practice.
- The Anatomy & Physiology of the yoga poses.
- The types of Yoga & types of students.
- How to teach & sequence a yoga class.
- The principles & importance of alignment.
- Personal Transformation
- Merging Yoga Tradition and Science
- This experience will change your life!
- Unlimited Yoga classes during training session
- Visit our website for details.

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YOGA

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State Licensed & Registered Yoga School with the Yoga Alliance