

DUTCHESS YOGA

200 HOUR TEACHER TRAINING

One weekend a month
April to September 2019


Early Bird Special
40 free yoga classes



CURRICULUM

Anatomy and Physiology
Yoga & Nutrition
The Philosophy of Yoga
Pranayama
Yoga Asanas in Sanskrit and English
Sequencing
Alignment and Adjustments
Meditation
Proper use of props and bolsters
Yoga Nidra (Deep Relaxation)
Yoga Sutras of Patanjali
The Eight Limbs of Yoga
The Bhagavad Gita

A core value of this program is the connection to yourself, your mat, and your students.



Contact us!
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