

DUTCHESS YOGA

500 HOUR TEACHER TRAINING

April 2019-January 2020

100 free yoga classes!

Options for full program or by module

MODULES

Advanced Asana Sequencing

Hands on Adjustments

Surya Namaskar Mantras

Various Meditation Techniques

Influences of Yoga

(vedas, dharmic laws, sutras, koshas, nadis, chakras, astrology, mudras and mantras)

Themes in Sequencing

Yoga Therapy (Ayurveda, detox and juicing, injury prevention)

Yoga Anatomy

Business of Yoga (working with private clients and yoga studios, developing workshops, finding your voice, self-transformation and inquiry)

Phone: (845) 902-8206 or (845) 705-0657

Contact us!
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