

teton yoga shala

200 Hour Yoga Alliance Accredited Teacher Training

September 26 - October 19, 2011

Details

Further your personal practice and refine your understanding of Yoga and yourself. This 200 hour yoga alliance accredited teacher training will provide you with an in depth study of Vinyasa Yoga, Pranayama, Yoga philosophy, and the therapeutic applications of Yoga. This training is intended for anyone who is ready to move deeper into the practice of yoga as well as anyone interested in learning how to teach yoga . As Baba Hari Das always says, "Teach to Learn" . Through regular practice you will gain a better understanding of this ancient system, and cultivate physical, mental and spiritual health.

Dates

Level 1 : 100 hours

September 26 - October 5, 2011

Level 2 : 100 hours

October 10 - October 19, 2011

Price

Before September 1, 2011

\$1,750 for 200 hours

\$1,000 for 100 hours

After September 1, 2011

\$1,950 for 200 hours

\$1,200 for 100 hours



Adi Amar and Angela Tong are devoted to inspiring a passion for the practice of yoga and guiding students to remember that which they have always known but simply forgotten. The focus of their teaching method is Vinyasa Krama, the intelligent sequencing and linking of postures with the breath for a therapeutic effect, while weaving in the teachings of Yoga philosophy. Their humility, humor, and compassion lead students through a yogic journey that evokes awareness, steadiness and optimal well being. Between them are 35 years of dedication to the study, practice and teachings of yoga. They give thanks to their primary teachers Baba Hari Dass, Patthabhi Jois, Tim Miller, Richard Freeman, Nicki Doane, Eddie Modestini and Bhavani Maki.

The Teton Yoga Shala is nestled at the foot of the vast Teton mountain range. The bright green valleys, crystal clear lakes , winding rivers, crackling aspen trees and dramatic peaks help to serve as an inspiration for inner stillness and awareness. The Tetons will support you in deepening your spiritual practice and self understanding.



www.tetonyoga.com

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