

300hr Advanced Yoga Teacher Training

Module by
module
options to
take your time
and how you
want to build
your 300
hours



**300 HOUR
ADVANCED
STUDIES**

**300 HOUR
YOGA IMMERSION
TRAINING MODULES**



Ananta Yoga Studio

Chakra Flow
Yoga School

200 & 300 Yoga Teacher Training

**AND/OR
SMALLER YOGA
IMMERSION
TRAINING MODULES
FOR CE'S**

with Antonette Redl, Ana Sorce and Guest Instructors

Some Feature Modules:

- Yoga Anatomy
- Mechanics of Movement
- Advanced Asanas & Assists
- Myofacial Functions in Yoga
- Advanced Subtle Energy & Reiki 1
- Yoga Applications for Injuries, Special & Aging Population
- Chair Yoga
- Yoga for Women's Health
- Restorative Yoga and Yoga Nidra
- Advanced Teaching Skills
- In depth Advanced Philosophies of Yoga, Pranayama and Mediation
- Applications to incorporate Ayurveda in working clients and yoga classes.
- In depth applications in working with private clients
- Practicums and work studies

Fall 2019 -Dates coming soon. Pricing will be module based.

More Info Coming Soon

Inquire: wayneyoga@gmail.com