

300hr Advanced Yoga Teacher Training

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



300 HR

YOGA TEACHER
TRAINING



WINTER
2018

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

Dates coming soon. Pricing will be module based.

More Info Coming Soon

Inquire: wayneyoga@gmail.com