

200 HOUR YOGA TEACHER TRAINING

- ~ Every time you step on your mat you feel closer to your true, lighter Self.
- ~ You have been toying with the idea of delving deeper into this ancient practice we call yoga.
- ~ You want to share your experience with others and be an inspiration for change.
- ~ Not only the physical postures have got your attention, but something more profound is talking to you, a message of unquestionable worth.

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We hear you! And we think this training is for YOU!

The last several months have taught us many things....amongst those - that life is this moment. Now is all we have.

If you have been thinking about becoming a yoga instructor, this is the time!

Do this, and do it for you 😊

What makes us unique?

This in-person journey will empower you to take your practice to a different level and to live your life from a different perspective, more open, more mindful and authentic, ultimately achieving a deeper connection with yourself. Online trainings and workshops have their place, however, we believe that the teachings of yoga at the instructor level, benefit from the in-person learning and sharing. There is no substitute for personal interconnection and the transfer of knowledge.

Instructors

The training is led by Ximena Prella, ERYT-500. Ximena has been leading yoga teachers for 7 years, both for their 200 and 500 hour certifications. She is supported by an outstanding group of instructors who collaborate in bringing the classic teachings of yoga to the group.

What you will learn:

- ~ teach mindful yoga classes
- ~ yoga philosophy and texts
- ~ anatomy
- ~ energy body (subtle anatomy)
- ~ basic Sanskrit
- ~ safe sequencing
- ~ teaching methodology
- ~ hands-on assists and adjustments
- ~ yoga history
- ~ basic yoga mudras
- ~ mantras
- ~ basic principles of yogic diet

\* Curriculum complies with Yoga Alliance 200 Hour certification requirements\*

When you register for this training, you also gain access to:

- \* Unlimited yoga classes at the studio for the duration of the training (this is activated the first day of training)
- \*10% Discount on all workshops and events, outside of the training

\*1 Year access to 200 Hour level yoga anatomy course via [www.yoganatomy.com](http://www.yoganatomy.com)

\*Teacher training manual

Content:

Technique: Asana, Pranayama, Bandhas, Meditation, Mudras, Mantras

Teaching Methodology

Anatomy and Physiology

Yoga Philosophy, Lifestyle and Ethics

Practicum: Observing, Assisting, Teaching

### **WINTER TRAINING 2024**

Jan 20th - May 4th

Saturdays 12pm - 6pm

Tuition Investment: \$3,550

#### **Payment Plan:**

\$500 Deposit to reserve your space, non refundable

\$950 Feb 1st, \$950 Mar 1st, \$850 Apr 1st, May 1st \$300

To register with non-refundable \$500 deposit, click [here](#).

Call (786) 732-6233 or email [ximena@bodhiyogastudio.com](mailto:ximena@bodhiyogastudio.com) for more information and to reserve your spot.