

This 200-hour yoga intensive offers you an excellent foundation for teaching yoga. We focus on proper alignment, safe teaching techniques, and pranayama breathing practices and the history, philosophy and sanskrit of yoga. Students will have numerous opportunities to apply what they are learning and to practice fully throughout the training. We include a NDMD to teach our anatomy; who will focus on the bones, muscular system and how the postures work together. Students will be given assignments outside the studio to receive certification.

If you are already certified, we are offering the opportunity to refresh your anatomy without having to take the full course. If you are interested in our upcoming course, please e-mail us for our next session, time and space is limited.