

200 Hour Teacher Training

Looking to deepen your yoga practice? Feeling compelled to share your love of yoga with others? Wanting to immerse yourself in yoga and surround yourself with inspiring people? GoYoga and Rainbow Yoga have partnered together to provide a 200 Hour Yoga Teacher Training Program and this is the perfect opportunity to do any and all of the above!

TRAINING TOPICS INCLUDE:

- Evolution of modern yoga
- Breath work and meditation
- Basic anatomy terminology and concepts
- Yoga pose clinics
- Verbal and physical assisting
- Creating an empowering experience for students
- Strategies for teaching to specific populations
- The business of yoga
- Letting your authentic voice shine



LOCATION : RAINBOW YOGA

32 East Second Street
Chillicothe, OH 45601

REQUIRED TRAINING DATES

4/24 – 4/26, 5/15 – 5/17, 7/9 – 7/12 & 8/6 – 8/9
from 9aAM – 7PM each day

**3 months of unlimited
yoga included with tuition**

INVESTMENT OPTIONS

\$2600 if enrolled by 3/31; \$2800 after
Payment Plan: 5 payments of \$550 due
on 3/31, 4/30, 5/31, 6/30 & 7/31

REGISTRATION

Visit GoYogausa.com/trainings to read
more and register!

Questions?

Email molly at molly.goyoga@gmail.com



www.goyogausa.com

