



www.hotyogawellness.com

HOT YOGA WELLNESS®

East Meets East in the West®

250hr. Yoga Teacher Training



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- ◇ **Fall Weekends:** Sep 29 - Dec 9 (Sat & Sun only) or
 - ◇ **Spring Weekends:** Mar 23 - Jun 9 (Sat & Sun only) or
 - ◇ **Summer Intensive:** July 15 - Aug 9 (no Sat and no Sun)
- (If you have attendance complications due to your personal scheduling then talk to us – we will help/support you to complete the Training!)

Yoga teachings and techniques, yoga philosophy, TCM (Traditional Chinese medicine), Qigong and other Eastern practices. **You will gain** hands-on skills to enable you to blend all these approaches to **wellness and well-being** into a single comprehensive practice for your students whether in a body temperature studio or a normal studio.

You will learn and participate in the following:

- * **History and philosophy and the benefits of living a yoga lifestyle**
- * **Foundation of human anatomy and yoga and wellness links**
- * **Wellness Flow - safe, effective Hatha Yoga asanas**
- * **Teaching methodology and practical teaching tips**
- * **Teaching ethics and communications basics**
- * **Practical experience in leading classes**
- * **Benefits of Qigong & of Qigong-Yoga**
- * **Balanced Nutrition Principles**
- * **Traditional Chinese Medicine**
- * **Meridians and Chakras**
- * **Various styles of Yoga**
- * **Hypnosis-Yoga**
- * **Aerial Yoga**
- * **Meditation**

YOU will be "Improving the world one posture at a time!"



WHERE: - Hot Yoga Wellness Studios - Toronto
Price - \$3,000 (+HST) (flex-pay if needed)

CONTACT: tt@hotyogawellness.com or 647-801-4932
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 Toronto, Ontario, Canada, L4K2L7

YOGA ALLIANCE



*Spirit Is the Life.
 Mind Is the Builder.
 Physical Is the Result.*

- If you finished 200hr Training and wish to go to 500 please text 647-801-4932 or tt@hotyogawellness.com
- If you are interested in Qigong Training call 416-901-5788 or text 647-202-3339