

# HOT YOGA WELLNESS®

*East Meets East in the West®*

## 250hr. Yoga Teacher Training |



[www.hotyogawellness.com](http://www.hotyogawellness.com)

- ◇ **Spring Weekends:** Mar 24 - Jun 17 (only Sat & Sun) or
- ◇ **Summer Intensive:** Jul 31 - Aug 24 (no Sat and no Sun) or
- ◇ **Fall Weekends:** Sep 15 - Dec 3 (only Sat & Sun)

Our Teacher Training program is a unique approach to yoga teacher training. **EAST MEETS EAST IN THE WEST®** is our concept. A blend of teachings from Yoga schools, Chinese medicine, Qigong-Yoga and Qigong to develop unique teaching principles to deliver a well-balanced practice to practitioners. (Member school Yoga Alliance & International Association of Yoga Therapists)

You will get insights into the foundations of Yoga philosophy and teaching techniques plus you will be given a solid overview of Chinese medicine 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**
- \* **Various styles of Yoga**
- \* **Chinese Medicine**
- \* **Hypnosis-Yoga**
- \* **Aerial Yoga**
- \* **Meditation**

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



### WHERE:

- Hot Yoga Wellness Studios - Toronto
- \$3,000 (+HST) (flex-pay if needed)
- China Studios Centres - Beijing - etc.
- Chinese Schedules AND pricing - [sujun@hotyogawellness.com](mailto:sujun@hotyogawellness.com) (English & Mandarin)

### CONTACT:

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YOGA ALLIANCE



Registered Yoga School



International Association of Yoga Therapists

