

HOT YOGA WELLNESS®

East Meets East in the West®



1,000hr Yoga Therapist Training

(for Yoga Instructors, Health Care Professionals - MDs, nurses, massage therapists, etc)
2 year program learn to create individualized treatment plans to address many health issues.

500hr Advanced Yoga Teacher Training

(for a certified 200hryoga instructor to update to 500hr Yoga Alliance)

- Maximize benefits and safety through knowledge of anatomy, physiology and kinesiology.
- Deepen your knowledge of teaching postures in more ways with advanced asanas.
- Teaching methodologies, class designs and various sequencing approaches.
- Yogic meditation including physiological and psychological techniques.
- Gain extensive practice one-on-one with your students/clients.
- Yoga Cosmology, Philosophy, Psychology & the Chakras.
- Ayurvedic Medicine Pathophysiology for Chronic Pain.
- Develop skills for working with special needs groups.
- Arthritis, Osteoporosis, Fibromyalgia and Diabetes.
- Suitable for normal temperature or hot room.
- Restorative Yoga & Yoga Nidra.
- Structural Alignment Therapy.
- Depression & Anxiety.



WHERE: **Hot Yoga Wellness** - 1750 Steeles Ave W, Toronto, L4K 2L7 &
- 3241 Kennedy Rd, Toronto, M1V 2J8
- TTC bus at street & ample parking

WHEN: Approx. bi-weekly, weekends only, starting Jan 30 (You CAN start later - we will assist you)

PRICE: tt@hotyogawellness.com

CONTACT: tt@hotyogawellness.com or 647-202-3339

Instructor Faculty:

Sujun Chen E-RYT500, CYT, CQT, CCHt, program director:

"Our curriculum's instructors are leaders in the yoga therapy profession and will provide you with the training required to further your goals to assist and instruct others in their healing process and in their yoga practice."

Staffan Elgelid	PT, PhD, GCFP, CYT, YT 500
Sosan Hua	RD, CDE, Registered Dietitian
Mala Cunningham	Ph.D, CYT, CAT
Nicole DeAvilla	E-RYT500, RPYT, RPYT
Melissa Canter	MBA, E-RYT-200
Luiza Ormonde	Ayurveda

Detail Bios of the above [CLICK](#)

www.HotYogaWellness.com
Toronto, Ontario, Canada, L4K2L7



YOGA ALLIANCE



Registered Yoga School

(Member - Yoga Alliance & International Association of Yoga Therapists)