



www.hotyogawellness.com

HOT YOGA WELLNESS®

East Meets East in the West®

250hr. Yoga Teacher Training



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|----------------------------|-----------------------|---------------------|----|
| ◇ Fall Weekends: | Sep 21 - Dec 8 | (Sat & Sun only) | or |
| ◇ Spring Weekends: | Mar 21 - Jun 7 | (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*
- * *Meditative Healing Singing Bowls*
- * *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
PRICE: - \$3,000 (+HST) (flex-pay if needed)
CONTACT: tt@hotyogawellness.com or text 647-801-4932
www.HotYogaWellness.com
 Toronto, Ontario

YOGA ALLIANCE



Registered Yoga School



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

500hour Training - If you finished 200hr Training and wish to go to 500 please
text 647-801-4932 or tt@hotyogawellness.com

Qigong Training - If you are interested in Training call 416-901-5788 or text 647-202-3339