



www.hotyogawellness.com

HOT YOGA WELLNESS®

East Meets East in the West®

200hr Yoga Teacher Training



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WHEN: Sep 11 – Dec 18, 2022 (Zoom) Sunday & Wednesday. PLUS a 30 minute One-on-One Session Every Week with a Senior Teacher.
(We record each session so you will not miss one minute.)

WE ARE UNIQUE: "East meets East in the West" combining Yoga & Qigong, Ayurveda & Traditional Chinese Medicine, Western anatomy, Pilates and hypnosis etc. Our Goal is to keep our YinYang energy balance thus achieving Mind, Body & Soul Alignment.

You will gain practical skills to enable you to blend all these approaches to **wellness & well-being** into a 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*
- * *Seniors Yoga*
- * *Meditation*
- * *Kids' Yoga*



PLUS you will have access to the Hot Yoga Wellness Dedicated 200Hr Teacher Training WEBSITE with a complete library of the above topics and so much more!

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

◇ **On-Line Teacher Training** - \$3,000 (+HST) (*flex-pay - if needed*)

◇ **Contact:** tt@hotyogawellness.com or text 647-202-3339 普通话

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

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

YOGA ALLIANCE



If you wish to do the **500hr OR** if you are interested in **Qigong Training** and for any **other Trainings** please email tt@hotyogawellness.com or text 647-202-3339 普通话