



200-Hour Hatha Yoga Teacher Training & Personal Growth Intensive: WINTER IMMERSION 2020-2021

December 1 - 12, 2020

Tuesday, Dec. 1 - Saturday, Dec. 12, 2020

9am-6pm

February 1 - 12, 2021

Monday, Feb. 1 - Friday, Feb. 12, 2020

9am-6pm

**Daily Schedule

9-10:15am	Morning Yoga/Meditation
10:30am-12:30pm	Morning Session
12:30-1pm	Lunch
1:15-3:30pm	Afternoon Session
4-6pm	Afternoon Yoga /Meditation

Program Sessions

Program sessions will include techniques for postures and pranayama; teaching methodology for leading a Hatha Yoga class and assisting students in postures; exposure to yogic philosophy; anatomy and physiology; and practice to support your emerging skills as a teacher.

Yoga/Meditation Practice

Yoga practice is designed to reinforce posture alignment details and teaching methodology while providing opportunities to assist yoga students and deepen your own practice.