

balancedYOGA University™

Teacher Training Immersion

With Donna Winters

WHEN: **Balanced Yoga Columbus, OH**
Thursday September 23, 5:30 pm - 10:00 pm
OR (choose one)
Saturday October 2, 12:00 pm - 5:00 pm
OR
Puma Yoga, Cleveland OH (pumayoga.net)
Saturday November 6 1:30 pm - 6:00 pm

PRICE: \$75.00



Our goal at **Balanced Yoga University** is to teach those that have the desire to deepen their practice and/or teach others **HOW** to teach yoga. That is why it is called our **Professional Program**. When you complete our program, you will know how to teach in an intelligent and professional manner, you will have a good understanding of human anatomy and how it relates to asana, and you will have an understanding of the philosophical roots of yoga. You will have the opportunity to put all that you learn into practice bringing it to life for yourself and others. The beginning of the process is the **Balanced Yoga Teacher Training Immersion**.

After the 5 hour **Immersion** you will:

- have an understanding of Balanced Yoga's philosophy of teaching yoga and the basic organization and design of our program.
- have experienced a yoga practice firmly rooted in this philosophy.
- have tasted what it is like to learn and teach a short vinyasa sequence in a no-pressure atmosphere having fun getting your feet wet.
- experience working in small groups with your fellow students practicing your observational skills.
- have had the opportunity to speak with graduates of our program and get first hand information based on their experience in the course.
- have given our staff the opportunity to help you assess your readiness for the demands this program. You will know if the Balanced Yoga Professional program is a good fit for you.

Open your heart and your mind to the joy and fun that can come with sharing something you have taken the time to learn and love. Join us for this immersion workshop to explore the amazing **possibilities** that Yoga has to offer.

Bring your practice and your passion to life - share Yoga.
Call or visit our website to register or for further information

balancedYoga

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www.balancedyoga.net

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