

Brahmrishi Yoga Teacher Training

www.brahmrishiyoga.org

Kent Yoga on the Cuyahoga - the Silk Mill

145 Riverside, Kent, OH



know yourself, know yoga

Explore the anatomy of movement and the physiology of stillness with Margot Milcetich, E-RYT 500. Gain Yoga Alliance 200-hour certification while deepening personal practice. This integrative style emphasizes yoga's underlying philosophy and therapeutic benefits.

Starting September 11 & 12, 2010

Margot is a senior teacher in the Kent area. She is joined in the training by her husband, Bill Milcetich for philosophy. Technique sessions with Michael Curtis of the Yoga Place in North Canton and Karen Algire of Green Tara in Cleveland Heights. Special topics with Caressa Mathews and Heidi Shaffer.