



Brahmurishi Yoga Teacher Training

Kent Yoga – September 2012 to August 2013

Yoga Alliance 200 level basic training

Therapeutic Hatha Yoga is growing as a profession. Kent State University has a Yoga Therapy program for nursing students. The Cleveland Clinic now has a Yoga Program. In health, education and counseling, there is growing research into the values of body awareness, conscious breathing, observation and focus for self-care, health and wellness.

*Learn to observe well those who come to learn Yoga
Learn Yoga well so you can best meet their needs*

*postures * alignment * sequencing * anatomy * physiology
how to create a class and deepen the internal focus*

Please contact Margot: mstmilcetic@gmail.com
www.brahmurishiyoga.org for dates, cost, and registration

*Brahmurishi Yoga is an affiliate of Brahmurishi Mission International
Yoga Alliance Registered 200/500 School*