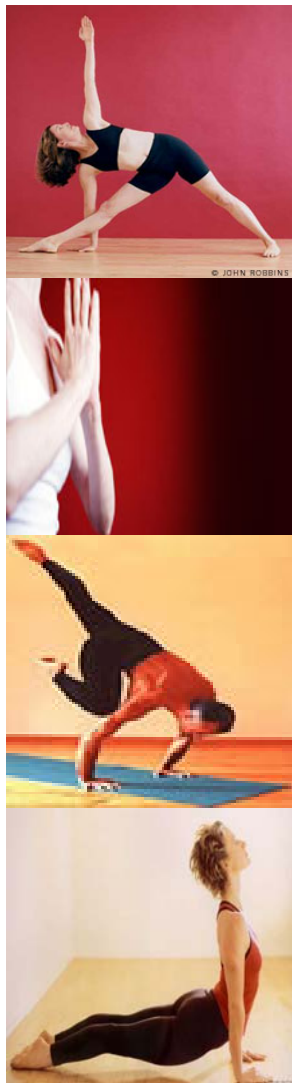


# Yoga Teacher Training Course (Yoga Alliance 200 Hour Register) Starting September 2010



Do you love Yoga and wish to train to become a Yoga teacher ? Do you have a minimum of 2 years practice?

If yes, Harmony Holistics is running a 15 month Yoga Alliance approved 200 hour, teacher training course.

The course covers -

- Anatomy & Physiology
- Biomechanics
- Asana
- Pranayama
- Meditation and Concentration
- Kriya
- Mantra and Chanting
- Relaxation
- Philosophy , History & Ethics
- Professional Studies - theory of learning and teaching of adults
- Lesson and Course Planning
- Therapeutic Yoga & Special Populations
- Adjusting Students
- First Aid
- The Business of Yoga

The course will be run in Central Liverpool (Liverpool Yoga Centre) over 30 days (one weekend per month for 15 months) on the last weekend of the month, starting 25th September 2010.

The teaching certificate offered is internationally recognised and will allow students membership of the Yoga Alliance and give them the ability to obtain public liability insurance.

## DETAILS

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