

Yoga Teacher Training & Advanced Yoga Studies

presented by

Yoga Center of Carmel

Courses beginning Friday, October 20, 2017, 6:00pm

Yoga Center of Carmel, teaching Yoga Teachers since 1998, begins its 200 & 300/500-hour Yoga Alliance recognized Yoga Teacher Training on October 20, 2017. During this time we will also be offering an Advanced Yoga Study Course for students wanting to deepen their understanding of Yoga, or for Yoga Instructors wanting Yoga Alliance CEU's.

Yoga Therapist Karen Quinn CYT, ERYT-500 will be Director of these Training Courses, that combine the art of Yoga with the science of Yoga. Also teaching will be a collaborative group of seasoned Yoga Instructors who are ready to take you on this adventure of living and learning. Teaching Yoga is so much more than learning a series of asanas. Yoga allows us to embrace everyday experiences and turn them into deep changes in our everyday lives. Confidence, self-worth, and emotional balance are revealed as we embody the essence of Yoga, unity within.

200-hour Yoga Alliance recognized Teacher Training

Training as a Yoga Teacher is a journey of self-observation that can lead to uncovering the deep wisdom that lies within each of us. You may choose to teach, discover a new career, or simply want to understand how your body, mind, and spirit can become unified and balanced. This experience is much more than learning how to teach Yoga, it's an invitation to expand the mind, open the heart, and heal the body.

300-hour Yoga Alliance recognized Teacher Training

Eligibility to become RYT-500 with an existing RYT-200 certification.

Are you a Yoga Teacher who would like to lead a practice that is injury-free and steeped in body wisdom? Often, our initial training is unable to provide the strong foundation in anatomy and movement that is necessary to meet the myriad needs of our students. This Course is designed to give you the practical knowledge to tap into your own innate wisdom and fundamentally understand how bodies move.

Advanced Yoga Studies/ Continuing Education

You can expand your own Yoga practice and knowledge by taking a journey into the self that is unlike any others. If you are not seeking accreditation, you can take one or all four units and simply pay per unit. Additionally, you can take one weekend to explore the subject that sparks your interest. Yoga Alliance Continuing Education hours are available for units attended.

For More Details and Application

Please visit our website: [Yoga Teacher Training](#)