

# POWER YOGA

## TEACHER TRAINING



### PROGRAM LENGTH

10 weeks (Fall break week OFF, October 26-31)

### INVESTMENT

\$2950 (\$500 non-refundable deposit required to reserve your spot)

### LOCATION

Corinth Square

### WEEKEND DATES

Saturdays: Sept 16-Nov 18 (9am-5pm)

### EVENING DATES

Tuesdays & Thursdays: Sept 12-Nov. 16 (6:30-10pm)

- Space is limited and therefore requires a non-refundable deposit at sign-up.
- Payment plans available.
- Unlimited classes during training.

**For more information, contact Jenny at [jenny@powerlifeyoga.com](mailto:jenny@powerlifeyoga.com).**

Step into your power, elevate your personal practice, develop your teaching skills and transform your life! Our Power Yoga Teacher Training is Yoga Alliance certified and is a great program for anyone who wants to expand an existing yoga practice or learn to teach a Power Yoga class. This transformative program will include posture breakdown, alignment and safety, assisting, delivering an inspiring class, and intelligent sequencing. We will also discuss the power of presence, discipline and community. Not only will this training give you the tools to teach a great yoga class, but it will also focus on philosophy, the history of yoga, the science of yoga including the eight limbs, meditation, pranayama, personal development, and much more.

**POWERLIFEYOGA**

CORINTH SQUARE STUDIO 4145 Somerset Dr., Prairie Village