

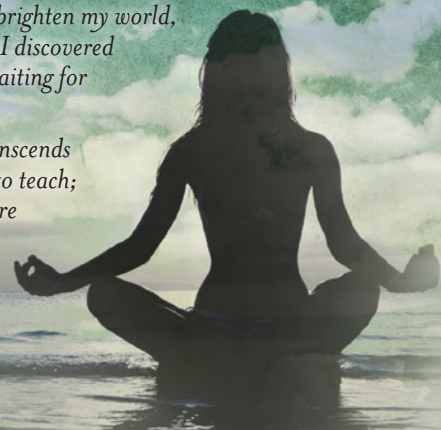
Find your path beyond the asana

Beginning Oct. 2

"Over the past four months, teacher training has worked to brighten my world, beginning with the inside out. I know now that the light that I discovered through this training was always inside of me, but was just waiting for something to help me peel away the cloudy layers.

The Red Lotus Yoga teacher training program transcends far beyond teaching those interested in yoga how to teach; it helps you find the right path for becoming a more compassionate and giving person."

~ ANGIE J



YOGA LIFESTYLE TEACHER & TRAINING

with Brian Granader

TEACHER TRAINING IS A TWO PART PROGRAM. The first 7 sessions, *Yoga Lifestyle*, offers an in-depth study of yoga, meditation and ethics. The second 7 sessions will take you deeper into adjustments, anatomy, philosophy, and teaching guidelines.

If you want to deepen your practice, join us for *Yoga Lifestyle*. To become an RYT200 certified teacher, join us for *Teacher Training*.

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IN THIS AMAZING PROGRAM, YOU WILL LEARN:

- ▶ How and why yoga works
- ▶ Ancient teachings of the Yoga Sutra
- ▶ Eight Limb System of Ashtanga Yoga
- ▶ Concepts of karma and emptiness
- ▶ How to create a meditation practice
- ▶ The importance of dietary choices
- ▶ Anatomical system of the body
- ▶ The movement of energy within the body
- ▶ The principles of alignment
- ▶ Making effective adjustments
- ▶ How to teach to a variety of students
- ▶ Teaching Short Form Ashtanga
- ▶ Teaching a Slow Flow level I class

ADDITIONALLY, AS A STUDENT OF THE RED LOTUS SCHOOL OF YOGA, YOU WILL RECEIVE THESE BENEFITS:

- ▶ Free unlimited yoga throughout Teacher Training
- ▶ Half off a package of classes purchased within two weeks of TT completion
- ▶ 15% off all workshops for six months following TT
- ▶ 15% off retail during TT and for six months following
- ▶ a one-on-one hour long coaching session with Brian
- ▶ Invitations to special events as a past TT student



State Licensed & Registered Yoga School