

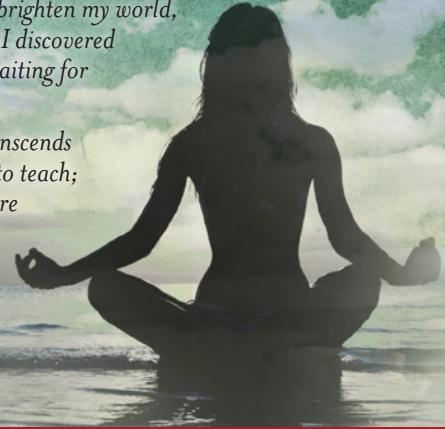
# Find your path beyond the asana

April 27, 2017

*"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



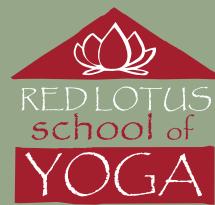
## YOGA LIFESTYLE TEACHER TRAINING

*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