

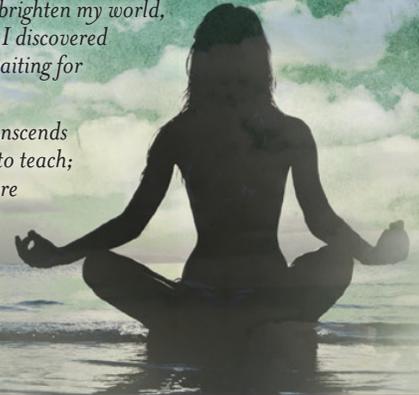
Sept. 20, 2018

Find your path beyond the asana

"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*.

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

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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

Comments from past students

From my first to my last day, your program continuously expanded my mind and capabilities. It fostered my independent learning and provided a supportive community for growth. Thank you for taking the time and energy to share your knowledge, sending more conscious people into the world. I am excited for this next step in life-long learning of yoga and of life.

Kathleen

I'm finishing up my teacher cert class this week and I definitely endorse Red Lotus Yoga, Brian Granader to/for anyone who thinks a yoga teacher certification course is something they want to pursue or, maybe, just to develop a personal yoga practice. He is knowledgeable, authentic and great teacher. I developed the skills to grow (physically, mentally and spiritually), teach/lead a class, and met awesome people. There is a spiritual foundation to the course providing a wider perspective allowing students to be better teachers and people.

Jim

Going through yoga teacher training at Red Lotus is one of the best decisions I have ever made. I knew my life needed to change or else I was going to continue being unhappy with my life. Teacher training helped me to achieve those changes and then some. It flipped my world around in the best way possible.

Speaking in front of groups used to be a nightmare to me and now I can allow myself to breathe and handle those situations better than I ever have before. I was able to drop many unhealthy habits and situations that dragged me down in life. I left training with a better physical practice, a meditation practice, wonderful new friendships, and a sense of peace with myself. There isn't a single thing I regret about this life changing experience and I encourage anyone who is thinking about making this decision to do it.

Dayna

I praise the way that this program encourages students to dive in head first; I don't think there's any better way to approach it. The teachings encouraged us to take the plunge without hesitating. The pacing was wonderful. It allowed for me to live my life, while incorporating the values I was learning in a realistic manner."

Angie J