

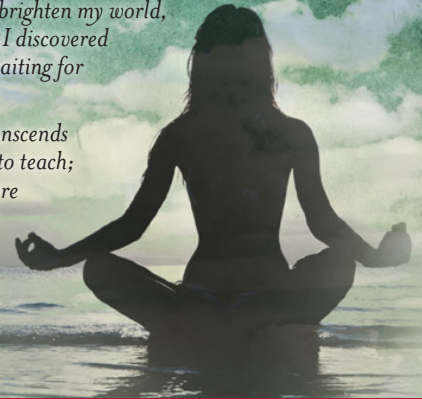
Sept. 24, 2017

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*.

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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 1 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



Registered Yoga School

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

In June, 2013 I retired with the goal of becoming a yoga teacher. I chose Brian for my teacher years of practicing at RLY.

I learned so much from Brian's authenticity as a yoga master and how he lives his life. When I became certified, I felt like I graduated from Kindergarten. Brian opened my world to a whole new level of learning, and a thirst for knowledge about yoga and life. Three months later, my husband was diagnosed with esophageal cancer and my world was turned upside down. I fell back on my newly acquired yogic teachings to stay focused on the present and not allow myself to get caught up in the what ifs of the future. Once Jim was through with the treatments I began teaching yoga and it was so healing to remind my students about letting go and rejuvenating your mind and body with your breath. Meditation helped me see things more clearly. Thank you Brian, I have not made teaching yoga a second career, but it has been a life-saver for Jim and I.
Sher.

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