



# WHITE LOTUS YOGA STUDIO AIRreal Yoga Teacher Training Fall 2017



For more information, please call:  
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[www.whitelotusyoga.net](http://www.whitelotusyoga.net) | 65959 Van Dyke, Washington, MI 48095 | 586-752-2700

## Empower Your Life with a 30 Hour AIRreal Yoga™ Teaching Training For Certified Yoga Instructors

AIRreal Yoga™ is a way to elevate your practice, alleviate your pain and exhilarate your body, mind and soul.

We strive to provide each Teacher Training graduate with a strong foundation to teach with strength, knowledge and an open and compassionate heart.

What you will learn:

- Rigging and hammock safety training
- Class type lesson plans; Intro, Restorative, Core, Progressive, Fundamental
- Techniques on using the hammock to refine, realign, deepen and assist traditional yoga postures.
- Complete manual with photos and descriptions of 108 postures with progressions.
- Use of the hammock as a spotting device for inversion.
- Learn to use the hammock as a yoga prop for all levels and styles of yoga.

3 Week Program  
September 10th-24th  
Sundays from 8:00AM - 4:00PM  
Cost: \$500

