

WHITE LOTUS YOGA STUDIO AIReal Yoga Teacher Training Fall 2017

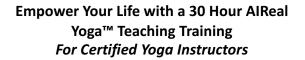




White Lotus Yoga

YogaAlliance

For more information, please call: 586-752.2700 email: whitelotusyogastudio@gmail.com



AlReal 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



