

Take your yoga practice to the next level!!
200Hr Peterborough Yoga Teacher Training begins this August!

The Peterborough Yoga Teacher Training is a commitment to undergo a rigorous 200Hr Yoga instructor certification. This will be a time period of intense growth - physically, mentally, and spiritually. Transformation can be messy business, however there is no greater or more fulfilling journey than the one into Self.

Training runs August 8th to November 25th. The 25th being graduation day on Sunday. An afternoon ceremony will conclude your 200 Hour Teacher Training through the Yoga Alliance.

Class on Wednesday nights from 6:45pm - 9:45pm and Saturdays 11:30am - 7:30pm.
Breaks included.

Primary Instructor Laura Cooney E-RYT. Zen Wellness Certified QiGong Instructor (200 hr)

Guest instructors coming in for:

Classical Yoga Theory, Yoga Instructor Tiina Kivinen E-RYT (500 hr) www.tiinakivinenyoga.com

Voice Coaching, Brian Nugent, professional speaker & Founder of DNA of a Millionaire. www.dnaofamillionaire.com

Kirtan (singing chants and mantras), Francoise Roy leader of the Peterborough Kirtan Community

Anatomy lessons with Physiotherapist Shannon Burton

Access to Zen Wellness Members only site and weekly calls with Master Michael Leone for credited hours towards your training. Learn energetic anatomy, Yin Yang theory, 5 elements. www.zenwellness.com

To Learn more contact Laura Cooney at 705 874 7454 awaken@hotyogaptbo.com.
Upon acceptance into the program tuition of \$3999 is due in full or four installments.

200HR

Peterborough YOGA TEACHER TRAINING

Wed. 6:45-9:45pm & Sat. 11:30am-7:30pm August 8th - November 25th 2012

Recognized by Zen Wellness through the Yoga Alliance

Contact us to set up a meeting with Laura to discuss the program!

705 874 7454

www.hotyogaptbo.com