

IN-DEPTH 200 hr YOGA TEACHER TRAINING
by International Educators:
In WINTER PARK, COLORADO!

August 23-December 13, 2015

2 weekends per month for 5 months: see schedule below

200hr Hatha Yoga training, specializing in YOGA ANATOMY & PHILOSOPHY,
ASANA TECHNIQUE, SEQUENCING AND PRACTICE:

Jo Ann Staugard-Jones (CONCISE BOOK OF YOGA ANATOMY)

www.move-live.com

Irum Naqvi (STILLNESS IN CHAOS), www.iRumyoga.com
& Margaret Strom (OWNER OF MOUNTAIN MOON YOGA)

Certified by Yoga Alliance internationally through the Center for Natural Living



WEEKEND SCHEDULE: Friday 6-9:30pm; Saturday 10-6; Sunday 10-6:
Sessions held at Mountain Moon Yoga Studio

Aug 23 & Aug 28-30:	Yoga Anatomy with Jo Ann
Sept 11-13 & Sept 18-20:	Philosophy with Irum
Oct 9-11 & Oct 16-18:	Asanas, sequencing, technique with Margaret
Nov 6-8 & Nov 13-15:	Asanas, practice teaching with Margaret
Dec 4-6 & Dec 11-13:	Assessments and Graduation with everyone

Cost: \$2900 for full training and certification

Registration, deposit, and payments: <http://www.mtmoon yoga.com>

Deposits must be received by July 15.