

# **ADVANCED YOGA TEACHER TRAINING**

## **Teaching Yoga Deeper**

### **The Optimal Body**

### **Advanced Alignment Principles**

**April 29, 30, 2017**  
**Sat, 1:15-5:15; Sun, 8-5**  
**954-427-2353**

**Yoga Center**  
**827 SE 9<sup>th</sup> St**  
**Deerfield Beach, FL 33441**  
**info@yogacenterdb.com**



**\$225** 12 hours apply toward 500-HR Advanced Yoga Teacher, or CEU's

#### **INCLUDES:**

*Teaching Yoga Deeper* book

Hatha Yoga philosophy seeing beauty in everything

Teaching with themes and relevancy

Practicing linking language teaching techniques

Understanding energetic loops and spirals

Foundation, focal points, stability and freedom for depth

***Christine Apter, PhD, ERYT 500***