

ADVANCED YOGA TEACHER TRAINING

TEACHING YOGA DEEPER

WISDOM OF THE UPANISHADS

June 10, 2017
Sat. 1-8 pm

Yoga Center
827 SE 9th St
Deerfield Beach, FL 33441
954- 427-2353
info@yogacenterdb.com

Sat, 8-12 noon

Constitution Park Arboretum



INCLUDES:

Materials from *Teaching Yoga Deeper* book

Philosophy of the early Upanishads

Posture technique and functional anatomy for seated poses

Pranayama and meditation

Karma yoga as a teaching practice and selfless service

Study of OM

\$225

12 hours apply toward 500 hour Advanced Yoga Teacher or CEUs

Christine Apter, PhD, ERYT 500