

The Yoga Center

827 SE 9th Street Deerfield Beach, FL 33441
954.427.2353 info@yogacenterdb.com www.yogacenterdb.com

SIT N FIT CHAIR YOGA TEACHER CERTIFICATION

Sunday, July 30, 2017
8 am to 5 pm

Kristine Lee
Author & Program Developer
E-RYT 200, YACEP



Sit N Fit Chair Yoga is an evidence-based program proven to significantly reduce pain and fatigue, improve gait speed, pain interference, and quality of life. You will learn how to create and teach a simple, powerful chair yoga class that is safe for everyone. All teachers welcome.

Teacher Training includes: 8 hours - \$200

- Overview of studies conducted by FAU on Sit N Fit Chair Yoga
- Two Sit N Fit Chair Yoga Classes
- Hands-on practice teaching
- Includes copy of Sit N Fit Chair Yoga book & Sit N Fit Relaxation audio CD
- Sit N Fit Chair Yoga Teacher Training Certificate - 8 Hours can be used toward Advanced Yoga Teacher Training RYT500 (for those with RYT200) or as CEU's with Yoga Alliance

Register with Kristine Lee, at 561.322-5111, or kristinelee01@comcast.net or at the Yoga Center, 954.427.2353 or info@yogacenterdb.com. Please leave your name, number, and/or email and the name of the training: Sit N Fit Chair Yoga. Thank you!