



Yoga Teacher Training of Central Florida
presents

Private Yoga Lessons Training

February 25 & 26, 2012

9 AM - 6 PM

Certificate for 16 CUs upon completion

\$500

EARLY REGISTRATION SAVINGS: 20% OFF

Good until December 1. Pay \$400 to reserve your space.

The Private Yoga Lesson Teacher Training includes:

- Techniques that are very different from a group class
- Learning how to assess your client with one-on-one instruction
- Developing a strategy for yoga therapy with the client
- Learning how to rebalance the client and assisting them to meet their goals
- Sharing modifications with them to meet their physical limitations or
- Modifying easy poses to make them more challenging
- Introducing the spiritual aspects of yoga through the Eight Limbs, pranayama or philosophy of yoga.



Yoga Teacher Training of Central Florida
Hatha Yoga School

Jeannie Laslo Douglas, E-RYT 500

Yoga Teacher Training of Central Florida

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