

# YOGA TEACHER

TRAINING PROGRAM

**AUGUST 6, 2022**

Upon successful completion, you may register with Yoga Alliance for "200h RYT" accreditation

*Flood your mind with thought & your body with life!*

Breezeville Yoga



Montgomery, Alabama

[www.BreezevilleYoga.com](http://www.BreezevilleYoga.com)

(251)591-9205



What you'll learn:

History

Business

Ethics

Anatomy & Physiology

Postures (Asanas)

Breathing Techniques

Structuring a Class

Effective Teaching Methods



\*Tuition: \$2750 w/possibility of **5% OFF** of course fee

\*\$100 due with application, applied toward tuition



\*10 weekends / 200 h

\*2h weekly classes w/various instructors