



YOGA
ELEMENTS



*Registered Yoga School
with Yoga Alliance*

Yoga Teachers Training

2018-2019

with

Dawn Brooks, RN, ERYT500

200hr Yoga Alliance Training Program

Begins September 2018

Training will meet weekends September 14 thru March 3.

Fri 6-9pm

Sat/Sat 7:30am-5pm

**Sept 14, 15, 16
28, 29, 30**

Oct 19, 20, 21

Nov 9, 10, 11

Dec 14, 15, 16

**Jan 11, 12, 13
25, 26, 27**

**Feb 8, 9, 10
22, 23, 24**

Mar 1, 2, 3

- Yoga Philosophy
- Yoga Pose Alignments
- Benefits and Contraindications
- Sanskrit
- Anatomy and Physiology
- Meditation
- Breath Practices
- Chakras and the energy body
- Yogic cleansing practices
- Practice Teach to find your voice
- Much more

Investment: \$2300

Deposit: \$500 holds your spot



Dawn has been studying and teaching yoga for over 15 years. If you want to share your passion for yoga with others this is your opportunity to study yoga on a deeper level. You will develop confidence and learn skills to benefit yourself and teach others your passion. Dawn has experience teaching workshops, leading retreats, and leading passionate yoga teachers on their path.

This training is small and intimate so you get personal attention.

If you have questions contact her at:

hello@yogaelements108.com

850-866-2199 call or text