

Ananda Yoga Certification in the Bay Area

Yoga Teacher Training

Sept 8, 2018 – June 8, 2019

Location: Ananda Yoga Centers, Palo Alto & Scotts Valley

200 hours, Level 1

All-inclusive cost (training, materials): \$2,600*

**\$300 early bird discount by Sunday, July 29*

Enables you to register upon graduation with Yoga Alliance

20 Saturdays, 9 am-7 pm

Sept 8, 22 Dec 1, 15 Mar 9, 23 June 1, 8

Oct 6, 20 Jan 12, 26 Apr 6, 13

Nov 3, 17 Feb 9, 23 May 4, 18

Two half-day make ups at no cost: Jan. 20 & Apr. 14

Other paid make up opportunities are possible

Uplift and heal others by becoming a certified Ananda Yoga instructor. It's a great joy to be part of the global movement of professional yoga teachers — helping the stressed masses, yearning to breathe free.

This comprehensive training will give you an extraordinary depth of knowledge and experience in the art and science of hatha yoga, physiology, yoga as a preparation for meditation, working with students' physical limitations, teaching practicums, and the philosophy of Yoga which underlies the physical poses. One of the unique features of Ananda Yoga is the use of affirmations with each pose to enhance the mental, spiritual, and physical benefits.

P.S. You don't need to become a teacher to participate in this training. Many attend with the goal of deepening their own practice. *Learn more at AnandaYogaPaloAlto.org, "Teacher Training" link.*

Photo: Giorgio Majno



"An extraordinary immersion in a world of healing and higher consciousness. This is a life-changing program for aspiring yoga teachers, and for the countless lives your teaching will touch in the years to come."

—Shanti Rubenstone, MD



Instructors:

Doug Andrews &
Heidi Noh-Kuhn

To ask questions, request an application, or to set up the required in-person interview, contact: Heidi Noh-Kuhn, hnohkuhn@gmail.com or Doug Andrews, doug@anandascottsvally.org