

Is the yoga intensive and teacher training for me?



Thorough instruction, practice, and integration of alignment principles and how they apply in the range of shapes we assume in asana practice.

Learn to practice in a way that is most effective for your body. Understand your anatomy and how you move. Move with more strength, mobility, and ease in your daily life and active hobbies.

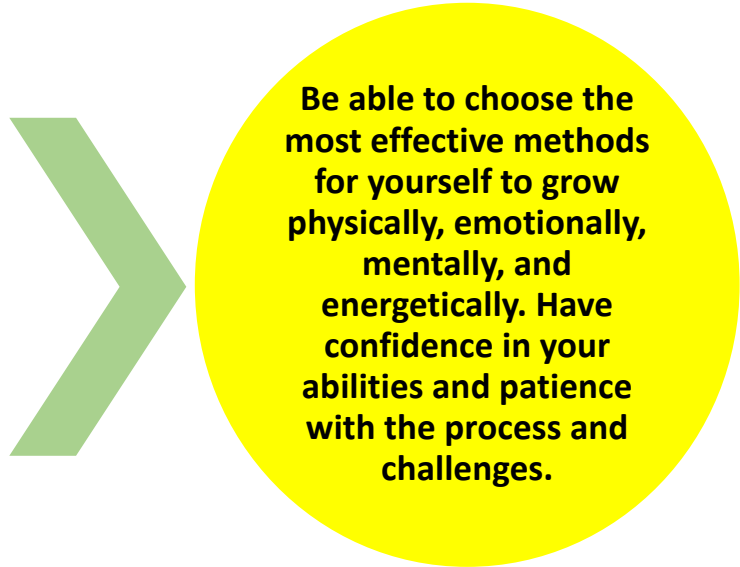


Explore practice and asanas with clear, accessible, and scaffolded instruction and assignments. Expert training in how and why to sequence a yoga practice to meet specific goals.

Gain the inspiration to confidently explore your practice. Know how to adapt your practice to you when you drop into a class, watch a video, and become your own best teacher.

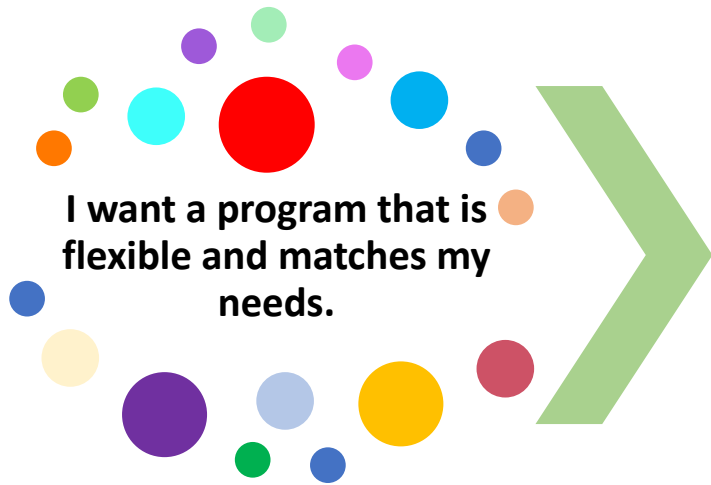


Learn the physiological and philosophical reasons why yoga makes us feel so good. Develop an understanding of how you learn and evolve. Learn and practice techniques for managing all that happens in our life, physically, mentally, emotionally, and energetically.



Explore yoga philosophy to better understand the intention and purpose of meditation. Learn and practice several different meditation techniques, and explore their benefits, challenges, and contraindications.

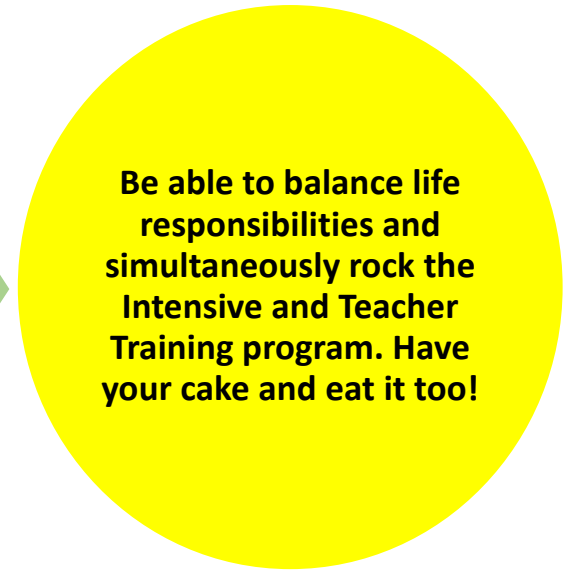




I want a program that is flexible and matches my needs.

The program is designed to accommodate those who simply would like to improve and understand their yoga practice as well as those who would like to become a certified yoga teacher.

One year grace period to complete additional requirements.



Be able to balance life responsibilities and simultaneously rock the Intensive and Teacher Training program. Have your cake and eat it too!



I want a proven effective program with a highly trained teacher.

Streamlined teaching system refined over the last 6 years. that progresses you through content at a comfortable and accessible pace. Study with an Experienced and Registered Yoga Teacher who is also a credentialed Science teacher with a Master of Arts in Teaching and well over 500 hours of Yoga training. I will support you every step of the way with detailed feedback, adapted material and presentations tailored to each individual.



Complete the program with your own voice and expression of yoga. Become your own best teacher and actualize your goals on and off the mat.