



Deepen your understanding of Yoga

South Okanagan Yoga Academy
YOGA TEACHER TRAINING

BEGINNING SEPTEMBER 2011

One weekend/mth for 1 year (200hr)
or 2 years (300hr upgrade, 500hr full program)

Includes:

- Philosophy Studies
- Kriyas & Pranayama
- Chakras & Meditation
 - Sanskrit & Mantra
- Asana - benefits & cautions
- Asana - modifications & adjustments

Investment (payment plan available):

200hr @ \$2897.00 +gst

500hr @ \$4023.00 +gst



LOCAL INSTRUCTORS

Kapila Chugh
kchugh@msn.ca

Heather Thomas
info@anandacenter.ca

780-747-3857
www.anandacenter.ca



Registered Yoga School



Registered Yoga School