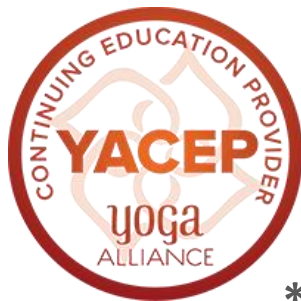


Every Body's Yoga

Teacher Tune-up: Sharpen Your Teaching Skills!

April 22, April 29, May 6, & May 13

Mondays 7:30 PM - 9:30 PM



-Open to all 200-RYT & 500-RYT  School Graduates and Teachers.

-Attend all classes and receive 8 hours of continuing education by MaryKay*

*(YACEP) Yoga Alliance Continuing Education Provider

- CLASS 1: SEQUENCING FOR SUCCESS & SAFETY
- CLASS 2: EFFECTIVE COMMUNICATION
- CLASS 3: IMPROVE OBSERVATION & DEMONSTRATION SKILLS
- CLASS 4: ARM BALANCES & INVERSIONS

Asanas (alignment, anatomy and modifications) as well as pranayama techniques will be included in each class.

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