



Yoga Teacher Training Information Session

Sunday, March 13, 2016

at

Root to Bloom Yoga & Wellness Studio
Littleton, NH, Tannery Marketplace, 111 Saranac Street

The 200-hour Yoga NH Teacher training/Develop Your Practice (TT/DYP) Program will be held at Root to Bloom Yoga & Wellness Studio beginning May 2016. The Information Session is an opportunity to learn about the program details and to meet Stacey (Studio Owner and Program Director) by taking class with her before the session, attending the Information Session and/or the workshop. The TT/DYP Program is for students who know they want to teach as well as for those who want to deepen their knowledge of the 8-limbed path of Yoga.

Sunday, March 13th

9:00-10:15am – Yin Yoga Class

11:00am-12:00pm – Teacher
Training/Develop
Your Practice Information

Session: no cost

1:00-4:00pm – The 8 Limbs of
Yoga Workshop

The 8-limbs of yoga are:

Yamas – moral codes/ethical disciplines

NiYamas – self-observation

Asana - postures

Pranayama - breath control

Pratyahara – withdrawal of the senses

Dharana – concentration

Dhyana – meditation

Samadhi – liberation, enlightenment

We'll use the practices of journaling, yoga postures, breathing exercises, mudras, mantra, and meditation to explore the 8-limbs and to have as tools in our practice of yoga on and off the mat.

Workshop Cost \$35 for Early Bird (before 3/1/16); \$45 after

For More Information:



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