

# YOGA4SOUL Fall/Winter Teacher Training Program



be a positive soul model

## Theory

We are pleased to announce our fall/winter 200 -hour Yoga Alliance Teacher Training program featuring Charles JoJo Tyler, founder of Yoga4Soul.

This intensive program will focus on anatomy, asana, yogic philosophy, and creating intelligent and innovative sequencing to help lead students safely through their practice.

We will meet four weekends out of a month as well as two days per week. If you are interested in teaching or looking to deepen your practice this program is for you.

This comprehensive 200 -hour intensive Teacher Training includes:

- How to teach yoga exercises (asanas) safely and effectively.
- Understanding how to work with your breath (pranayama)
- Meditation
- Basic Sanskrit/ Chanting devotional words
- The Anatomy and Physiology of postures
- Deep relaxation techniques
- The Yoga Diet
- Prenatal Yoga
- Learning about our energetic body (Chakras)
- The Eight Limbed Path by Patanjali
- Yoga Philosophy
- A written final exam
- A final class taught by you