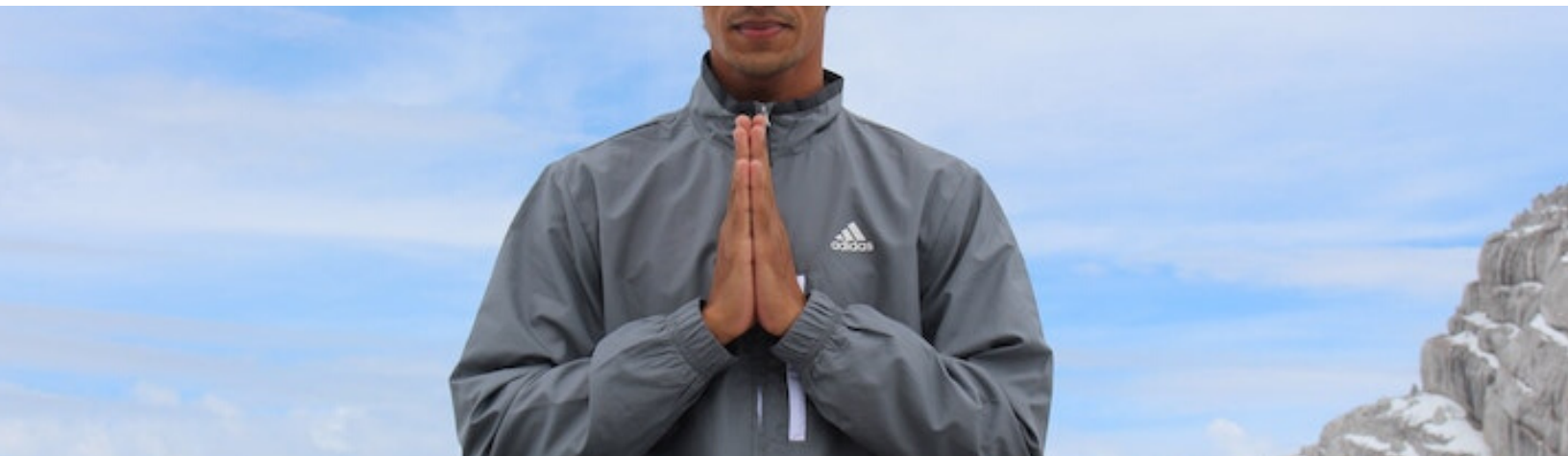


# Yoga Teacher Training

CLASSES | RETREATS | STUDIO LOCATOR



## NAMASTE!

Our training is growing by leaps and bounds. We have you to thank for that.

In this issue, we'll look at some of the common issues plaguing our students. To learn more, click on the buttons below. Know someone who would benefit from our training? Send them this link!



## Yoga for Depression

The general glumness of the world is beating our students down. Find out how to combat it with mindful and gentle instruction. .

READ

## Insta Injuries

Critics claim that the extreme poses posted on Instagram are causing too many injuries. Yoga teachers claim that it's a way to demonstrate the potential of poses...

[READ MORE](#)



## It's a zoo in here

Goat Yoga and sessions with shelter animals are all the rage these days. It's a great way to create partnerships with shelters, but is it for you?

[FIND OUT](#)



## CERTIFICATION TRAINING

Whether you're going for your 200 or 400 hour certification, we have classes that will help you start your career.

Each month we provide training at the beginner to advanced level.

If you're not on our mailing list, click the box below to register.

We're here to help you get the instruction you need to become the best teacher you can be.

[VIEW OUR SCHEDULE](#)