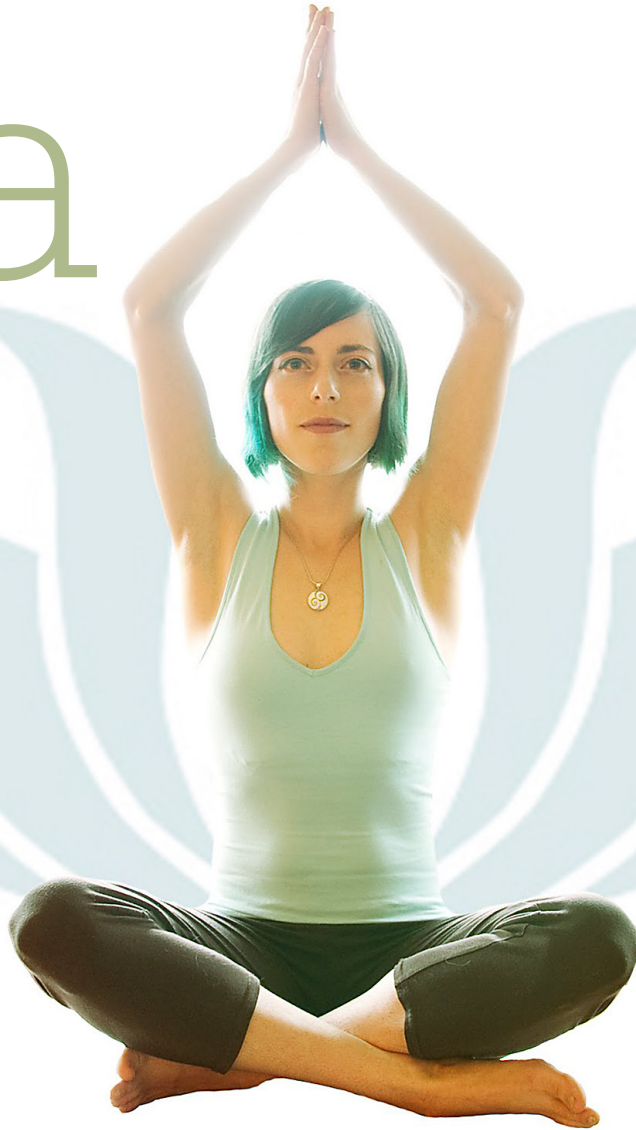


Yoga Teacher Training

Hatha yoga poses
Pranayama
Meditation
Anatomy
Energy anatomy
Yoga philosophy
Teaching methods
Children's yoga
Movement education
Internship



Sacred Space Yoga is offering a 200 hour spring/summer teacher training.

Information session | Wednesday, March 23rd, 7:00^{pm}

Sacred Space Yoga is centered around "Living Yoga" through the understanding of the 8 limbs of yoga and individualized "off the mat" experience with "Seva", a personally chosen service project. Sacred Space Yoga School is a nationally registered school with YogaAlliance.

CLASSES BEGIN SUNDAY, MAY 1st

Email krista@ssyoga.com
or call 970-352-1239
for more information.

sacred space
YOGA

 **YogaAlliance**
Integrity. Diversity. Community.