



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

Main topics include:

- Hatha yoga poses
- Pranayama
- Meditation
- Anatomy
- Energy Anatomy
- Yoga philosophy
- Teaching methods
- Children's yoga and movement education
- Internship

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 and 1 hour CDE (Colorado Department of Ed) graduate credit is available through UNC Extended Studies.

An information session will be held Wednesday, May 12th at 7 P.M., at the studio.

Call 515-6160 or email krista@ssyoga.com for more information.

sacred space
YOGA

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 YogaAlliance
Integrity. Diversity. Community.