

500 HOUR (300 HOUR BRIDGE) ANANDA YOGA TEACHER TRAINING IMMERSION

with **LeShan Barrios, ERYT**
Fri, Sat, Sun 4/1/2011 - 7/31/2011

Class times will be held on Friday nights, Saturdays and Sundays

Extend the inner stillness you love about yoga into your classroom.
Learn to teach authentically. **DISCOVER YOUR INNER TEACHER!**



Ananda Yoga Teacher Training is a unique and comprehensive 200 hour & 500 hour **Yoga Alliance Registered Program**.

Who is eligible to take the 500 Hour Yoga Teacher Training Program?

The 500 hour program is designed to introduce current 200 Hour RYT yoga teachers to a non-dogmatic synthesis of classical and contemporary advanced yoga teaching techniques drawn from the best of the major yoga systems today. It is excellent for 200 hour yoga teachers who are looking to improve and deepen their yoga teaching skills and/or who are looking to become 500 hour Registered Yoga Alliance teachers.

This course includes the advanced practice of pranayama. Comprehensive analysis and methods of advanced teaching are presented. You will also learn sequencing, class design, and hands on corrections.

The course is presented by the renowned yoga instructor LeShan Barrios, ERYT. LeShan is an Experienced Registered Yoga Alliance Instructor and founder of Ananda Teacher Training.

For more information, Please visit
www.jaideeyoga.com or call 813-231-2300.

