

# Vinyasa Flow Yoga Teacher Training & Certification With Stephanie Keach

WHEN: June 9-13, 2010

WHERE: Yoga Source in Cummins Station  
209 10th Ave South, Suite 126  
Nashville, TN 37203

REQUIRES: A passion for yoga • A desire to deepen your own practice • A consistent, regular yoga practice as of today • A minimum of 12 months practicing yoga, any style, with a qualified teacher.

COST: \$600 (\$150 deposit). Excludes food/lodging. Space is limited so register early!

Come join a special group of both aspiring and experienced yoga teachers who are ready to deepen their peace, expand their power and transform themselves into more effective flow yoga teachers. This intensive teacher training course is designed to train you in the fundamentals of teaching vinyasa-flow style yoga to beginning and intermediate students. Stephanie will help to guide you into your role as a teacher with the knowledge and open-heartedness it takes to teach a safe and fun flow class. Students looking to become teachers, students who are currently teachers with or without previous training, or students simply having the desire to deepen their practice and spend 5 whole days with Stephanie, will find this course inspiring and practical. A certification to teach vinyasa yoga with Yoga Alliance hours is available upon completion.

This is an intensive teacher training that aims at these goals:

- develop core strength, power and flexibility
- study your own Yoga practice and habitual behavior
- teach clearly and specifically, with *confidence* and compassion
- experiment with vinyasa templates from gentle flow to power yoga
- deepen your personal practice as you gain insight into your own creative flow
- learn to embody the flow and spirit of your yoga practice
- learn safe alignment and adjustments for all body types
- learn how to market yourself effectively
- question and answer sessions

PLEASE PRINT CLEARLY

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ E-mail: \_\_\_\_\_

Any Injuries or medical conditions? \_\_\_\_\_