

Take it Deeper

workshops to advance your yoga
open to all levels of practitioners and teachers
Deepen your understanding of yourself and yoga,
acquire CEUs or become a 500hr RYT instructor.

These programs are presented by the faculty of the Asheville Yoga Center's Teacher Training Institute, under the direction of Stephanie Keach 500RYT. With the completion of all the modules listed below, you will be granted a 500hr Yoga Alliance teacher training certification. For more details and to apply for this 500hr YA program, please visit youryoga.com.

Children's Yoga Teacher Training and Intensive
October 1 - 3, 2010 with Jane Anne Tager : \$375

Restorative Yoga Teacher Training and Intensive
February 11 - 13, 2011 with Stephanie Keach : \$295

Prenatal/Postnatal Yoga Training and Immersion
March 18 - 20, 2011 with Stephanie Keach : \$295

Yin Yoga Teacher Training and Intensive
April 8 - April 11, 2011 with Shala Worsley : \$275

5 Day Vinyasa Flow Yoga Teacher Training and Intensive
June 22 - 26, 2011 with Stephanie Keach : \$600

upcoming:

4 Day Therapeutics and Yoga

2.5 Day Anatomy and Yoga

3 Day Meditation, Sutras and Yoga

2.5 Day Ayurveda and Yoga

3 Day Seniors and Yoga

3 Day Detox Flow



That Yoga Place

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