

Supplemental Yoga Training

”Yoga Teacher Training on a Mom’s Schedule”
with Stacy McCarthy and Dennis Dean

For all those Professionals & Aspiring Students who would like to deepen their knowledge & practice we have designed a 5 Day Preliminary or Supplemental Vinyasa Flow Yoga Teacher Training just for you. It’s scheduled Mom’s if you have kids in school this is for you!

20 hours of comprehensive yoga instruction includes:

- * Daily Asana Practice
- * Daily Chanting Practice
- * Daily Pranayama Practice
- * Daily Meditation Practice
- * Yoga Philosophy- 8 Limbs of Yoga
- * 3 Techniques of the Krishnamacharya Lineage
- * Principles of Sequencing
- * Introduction to the Rope Wall and the use of props
- * Market Yourself Authentically Yoga Business Strategies

Register and Pay Online at www.yogamandiram.com

Level: All Levels Welcome

Date: Monday-Friday, 10am -2pm, May 10th -14th

Price: \$499 if registered & paid by April 26th

Registration after April 26th is \$599 {Yoga Alliance Accredited}



Yoga Namastacy
PO Box 132
Rancho Santa Fe CA.92067
www.yoganamastacy.com
stacy@yoganamastacy.com



Yoga Mandiram
2121 Newcastle Ave #E
Cardiff by the Sea, California 92007
www.yogamandiram.com
dennis@yogamandiram.com