

300 HOUR YTT

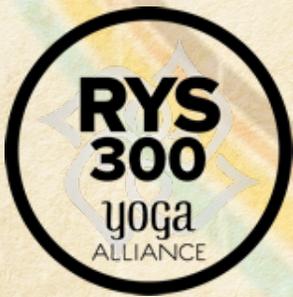


ADVANCED YOGA TEACHER TRAINING 300 HOURS ... FOR 500RYT CERTIFICATION

Deepen your practice of yoga asana and anatomy, broaden your knowledge of yoga philosophy, and develop your teaching skills in a supportive, educational environment. In this twelve session, 300 hour teacher training, the emphasis is on the subtle body and learning how to work one on one with students for maximum effect. Time is also dedicated to understanding the advanced practices and narratives that comprise the ancient tradition of yoga, while keeping a pragmatic approach for the modern student.

2023

Jan 13,14,15 and 27,28,29	May 19,20,21 June 9,10,11
Feb 10,11,12 and 24,25,26	July 21,22,23 Aug 11,12,13
March 24,25,26	Sept 22,23,24 Oct 10,21,22
April 21,22,23	



for more info or to register goto yogaacton.com

Theresa Murphy, YT (IATY), ERYT 500, RYS 200 & 300

Theresa has been teaching for 25 years and training teachers for 20. Her deepest intention in teaching yoga is to expand minds, open hearts, and to be a catalyst for discovering the wisdom and wonder of an embodied life. She cross-pollinates from many traditions, weaving the crafts of individualized alignment, skillful sequencing, therapeutics, breath-work, developmental movement, anatomy study, wisdom teachings, meditation, chanting, and open exploration of physical and mental awareness. Theresa is a Yoga Therapist, senior Prajna teacher under Tias Little and the Prajna school, as well as an endorsed Insight Yoga teacher with Sarah Powers and mentor in the Insight Yoga Institute. Theresa wholeheartedly devotes herself to practice. With over 25 years of study and practice she has made her life's work a balance of teaching the Yoga Dharma, caring for the dying, supporting babies and caregivers, and ongoing studies with Amy Matthews and Jennifer Welwood. Her current studies are to become a Somatic Movement Educator & Infant Developmental Movement Educator with Amy Matthews!

www.theresamurphy.net

Cindy Boulter, BSc, ERYT 500, ACE. SUP Yoga

Cindy is committed to helping teachers, students and private clients expand their possibilities through education, movement and self-exploration. She has over 20 years of experience in the fitness industry as an instructor and international presenter, and over 16 years experience teaching yoga and training yoga teachers. She holds a Bachelor of Science in Health Sciences, has studied extensively with numerous teachers and programs, including Yoga Therapeutics and client supervision group with Dr. Bo Forbes, and she is currently training to become an IAYT certified Yoga Therapist with Susi Hatley and a Somatic Movement Educator with Amy Matthews. Cindy has presented seminars and workshops throughout Canada, the US and Japan. She has assisted and taught classes at Kripalu for Bo Forbes' sessions on Yoga for Anxiety and Depression, and has taught many 200 Hour Yoga Teacher Trainings over the last 6 years.

cindyboulteryoga.com

