

# YOGA TEACHER TRAINING

POULSBO, WASHINGTON • 200 HOUR CERTIFICATION



**ASHES YOGA STUDIO**  
18961 Front St NE, St 105, Poulsbo, WA

**FEB. 15 – JUNE 6, 2020**  
Saturdays 8:30am–7:30pm (15 total)  
Easter & Memorial Saturdays are off

**YOUR TEACHER(S)**  
Ashley Hagen E-RYT, and guest teachers

**INVESTMENT\***  
\$2600 regular price  
\$2200 if deposit received by Jan. 15, 2020  
\$500 deposit to hold your spot  
*\*Tax deductible. Consult your tax advisor.*

**TUITION INCLUDES**  
Yoga Teacher Training with Manual  
Online Yoga Training Materials  
4 Month Membership at Ashes Yoga Studio  
200 Hour Certificate

## CURRICULUM




Yoga Philosophy & History  
Pose (Asana) Breakdown  
Anatomy & Biomechanics  
Injury Prevention & Safety  
Find your Authentic Voice  
Effective Class Cueing  
Adjustments & Assists Basics  
Meditation  
Intro to Pranayama (Breath)  
Sequencing to a Peak Pose  
Living a Yoga Lifestyle  
Yoga Teacher Ethics  
Yoga Teaching as a Career

## SCHEDULE

8:30 –9:30	Morning Vinyasa Practice
9:30–10:00	Break
10:00–12:00	Teaching Fundamentals
12:00–2:00	Asana Breakdown
2:00–4:00	Practice Teaching
4:00–5:00	Break
5:00–6:30	History & Philosophy
6:30-7:30	Evening Restore Practice



[PoulsboYoga.com](http://PoulsboYoga.com)

 @ashes.yoga.studio  
 /poulsboyoga  
 360-930-9550