

Join us for our 11th Teacher Training Year

Enjoy new growth on your yoga path and discover how to share your passion with others.

This time of intensive study will help you develop your personal practice as well as acquire skills needed to teach and share yoga. A supportive environment based on mutual respect, personal integrity, commitment and sharing is the basis for learning and personal growth.

Learn the technical skills to teach yoga. Develop personal awareness and inner confidence to share the gift of yoga with others.

Yoga for Today provides training and ongoing education and support for teachers and students of yoga.

Yoga for Today Certification will be awarded to successful students. The course also meets the standard requirements for a **Yoga Alliance Certification** as well as opens the door for a **Yoga Association of Alberta Certification**.



Yoga for Today is a Federally Registered Educational Institute

200 Hour Hatha Yoga Teacher Training

7 month Training with Glenda Sartore,
Rita Maltais & other Senior Teachers
July 20, 2012- January 13, 2013

8 Day Intensive
July 20 - 27

Weekend Intensives
August 17 - 19
September 7 - 9
September 28 - 30
October 19 - 21
November 2 - 4
December 7 - 9
January 11 - 13



Application Deadline July 1, 2012
Application forms available at
www.yogafortoday.ca
or visit our front desk

Tuition \$2,950 +GST
\$300 deposit due upon acceptance.
Remaining balance due July 1, 2012
(Includes two course manuals)
Plus one international workshop*
*(workshop lead by international senior teacher)
(Not included in tuition)

For more information check out our website
Or contact chris@yogafortoday.ca

The Meaning of Yoga

For the past eleven years, Yoga for Today has been dedicated to helping create greater health and wellness through Yoga and other holistic practices and treatments.

For us, Yoga is more than a passing trend; it is a way of life, a sense of being and an unending spiritual journey.

We believe Yoga is for everyone, regardless of age, gender, physical ability and spiritual outlook. It is the unity of mind, body and breath and the manifestation of balance and peace, both inward and outward.



Learning is finding out what we already know. Doing is demonstrating that you know it. Teaching is reminding others that they know just as well as you. You are all learners, doers, and teachers.
-- Richard Bach



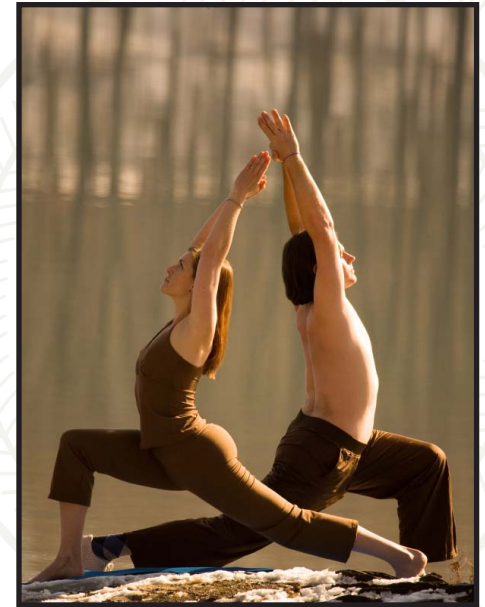
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Hatha Yoga 200 Hour Teacher Training Program



Federally Registered Educational Institute



Registered Yoga School