

CONTINUING EDUCATION CERTIFICATION FOR YOGA TEACHERS

April 14 - 15, 2012

with Glenda Sartore, Tara Woltjen, Jill Gaumont,
Chris Erdmann Boyko, David Wilson

Cost: \$180 (members \$170)

13 hour certification program.
Includes complementary breakfast.

Saturday:

- 7:30-8:45 Welcoming and Orientation with Glenda
- 9:00-10:30 Tibetan Heart Yoga with Tara
- 10:45-12:00 Basic Sanskrit and More with Tara
- 12:00-1:00 Potluck Lunch
- 1:00-4:00 Assists workshop with Jill

Sunday:

- 8:30-10:00 Hatha Yoga Class and Assists with Glenda and Chris
- 10:00-10:15 Silent Meditation
- 10:15-11:00 Breakfast (by Yoga for Today)
- 11:00-12:30 Evolving Along Your Path as a Yoga Teacher by Glenda
- 12:30-1:00 Lunch
- 1:00-3:00 Inversions and Backbends with David
- 3:15-4:00 Closing and Integration with Glenda



Register:

780-416-4211

www.yogafortoday.ca

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