



Registered Yoga School

200-Hour Hatha Yoga Teacher Training Program



***“Let the beauty of what you love
be what you do.”***

- Rumi

Commit to personal growth, deepen your practice or move forward on your path toward becoming a yoga teacher.

Now in its 18th year, our 200-Hr Hatha Yoga Teacher Training Program will help you acquire the foundational skills to teach and share your passion for yoga with others.

Grow personally and professionally in a supportive, non-competitive environment based on mutual respect, personal integrity, commitment and sharing.

With monthly intensives spanning nine months, our program is ideal for those with busy schedules and anyone who needs to compress onsite learning into weekend time frames.

2017-18 Weekend Intensive Dates

- October 4-8 (begins 5:30 p.m. on the 4th)
- November 10-12
- December 8-10
- January 12-14
- February 9-11
- March 16-18
- April 13-15
- May 11-13
- June 8-10 (Graduation)

You’ll learn from senior teachers who combine the wisdom of traditional Hatha yoga teachings with a modern understanding of anatomy, yoga science and Western culture.

Faculty Members

- Chris Erdmann-Boyko
- Glenda Sartore
- Rita Maltais
- Joan Randolph
- Gerda Krebs
- Kuskok Lobsang
- Reg Nugent
- Donalee Campbell
- Julie Jeong
- David Wilson
- Jill Gaumont
- Marla Ericksen

Since opening our doors in 2001, Yoga for Today has been dedicated to helping create greater health and wellness through yoga and holistic practices and treatments.

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

***“It doesn’t matter how much I teach you
or how much you learn.***

The role of the Teacher is to elevate another person.”

-Yogi Bhajan



Yoga for Today, #206, 2016 Sherwood Drive, Park Centre Hotel, Sherwood Park, 780.416.4211

yogafortoday.ca