

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



With monthly weekend 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.

2018 Weekend Intensive Dates

March 14 - 18 (March 14 begins @ 5:30pm)
April 13 - 15
May 11 - 13
June 8 - 10
June 22 - 23
August 17 - 19
September 14 - 16
October 19 - 21
November 16 - 18 (Graduation)

Cost:
\$3150 plus GST
(\$500 non-refundable deposit
upon acceptance)

***“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

For more details visit yogafortoday.ca

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
Koshok Lobsang
Reg Nugent
Donalee Campbell
Julie Jeong
David Wilson
Jill Gaumont
Joyce Christianson



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.

About Yoga for Today

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.



**Give thanks today
and every day.**

**Walk the path of boundless
possibility and unlimited potential
By always being grateful.**

~ Yoga for Today

Full program information and application form are available on our website.

yogafortoday.ca

Questions?

Contact chris@yogafortoday.ca.



Registered Yoga School

*Yoga for Today is a federally recognized
educational institute.*

*Yoga for Today Certification will be awarded
to successful students.*

Yoga for Today

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Sherwood Park, AB T8A 3X3
780.416.4211

200 - Hour Hatha Yoga Teacher Training Program



*A flower does not think of
competing with the flower next to
it. It just blooms. ~ Anonymous*

