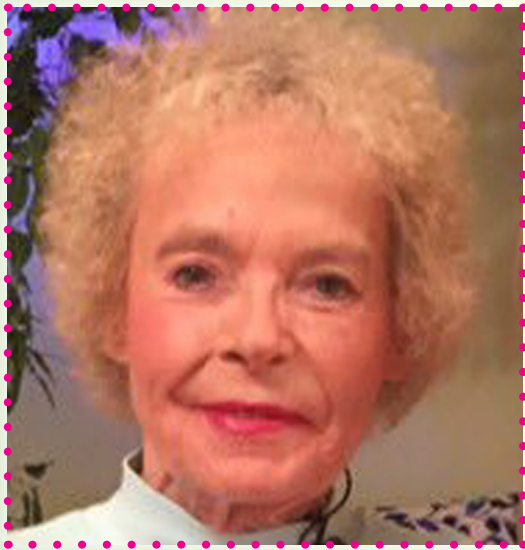


# 30 HOUR HATHA YOGA INTENSIVE AND TRAINING

*for yoga teachers and serious yoga students*

with Gerda Krebs



Gerda has been teaching yoga for over 40 years. She was one of the pioneers of yoga in Alberta, and hosted her own yoga TV program in the 80's and late 90's on Shaw TV.

This apprenticeship program includes the popular session 'The 14 Yoga Basics' and 'Advancing with Yoga'. These Foundational exercises that are essential poses in hatha yoga, and are important to overall health and wellness. This intensive program continues with the basic yoga asanas, forward and backward bends, twists and yoga for back and neck problems. You will have the opportunity to advance in your yoga practice and reach your potential in your poses with the guidance, support and wisdom of this masterful teacher. Certificated of completion will be awarded to successful students.

**Ten Classes**  
**12:30- 3:30 pm**

**Oct. 28/18 - Jul 7/19**

**2018**

**Oct 28**

**Nov 25**

**Dec 9**

**2019**

**Jan 20    May 11\***

**Feb 17    June 9**

**Mar 17    July 7**

**Apr 13\***

Classes are Sun except for \*2 Sat (in Apr & May)

**Tuition: \$495** *(1/2 price for alumni from previous trainings with Gerda)*

#206, 2016 Sherwood Drive Sherwood Park . 780-416-4211 . [yogafortoday.ca](http://yogafortoday.ca)

