

*Tell me, and I will forget.  
Show me, and I may remember.  
Involve me, and I will understand.*  
- Confucius 450BC

# Yoga for Today's 19th 200-Hour Hatha Yoga Teacher Training

March 2019 - November 2019



**with Glenda Sartore, Rita Maltais,  
Chris Erdmann Boyko  
& other Senior Teachers**

## Registration Now Open!



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