

200 Hour Yoga Teacher Training

Yoga Alliance Certified

Weekend Format



Lead Teachers:

Tammy Black ERYT500, YACEP

Coco Peterson ERYT500, YACEP

Chrissy Ferraro ERYT200, YACEP

*With special guest lecturers and teachers with special expertise

**One of the main goals of this teacher training is for you to learn to teach YOUR yoga and develop an authentic and truthful voice. We all bring something unique to our classes and personal practice; this is exactly what we want to help you cultivate and expand!*



• **OBJECTIVE:** Our teacher training is not just for those of you who want to teach, but also for those of you that want to deepen your connection to yourself, your community, and universal consciousness. You will learn everything needed to teach a well-balanced, themed, spiritual, effective and safe vinyasa yoga class.

• **PROCESS:** Meet with a lead teacher to make sure this is a good fit. Pay \$500 down to save your spot. Complete balance due prior to start date. Investment: \$3200 *Early Registration: \$250 OFF Total Price (Must register by July 15th) Complete all written papers and projects on time and as assigned. Take final exam. Teach class to community. GRADUATE!!

• **TIMING:** Fridays 6-9pm, Saturdays 2-6pm, Sundays 11am-7pm
Sept 13-15, Sept 27-29, Oct 11-13, Oct 25-27, Nov 8-10, Nov 22-24,
Dec 13-15, Jan 10-12, Jan 24-26, Feb 7-9, Feb 21-23, Mar 6-8

OM HOUSE YOGA

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*Or talk to Chrissy, Coco, or Tammy at the Studio

www.omhousenoco.com