

Inner Reaches Yoga & Health

# TEACHER TRAINING

YOGA ALLIANCE CERTIFIED



Join our growing community of happy graduates!



JANUARY – AUGUST 2012

This 200-hour yoga teacher training program, certified by Yoga Alliance, includes the study of yoga history, philosophy, pranayama, asana, anatomy, physiology, subtle energy, teaching techniques such as hands-on assists for proper body alignment, using the “language of yoga,” therapeutic applications and contra-indications for special conditions, and much more in a supportive and creative environment. Call today for dates and details on registration and fees. **301-987-0884** Share the joys of yoga with confidence!