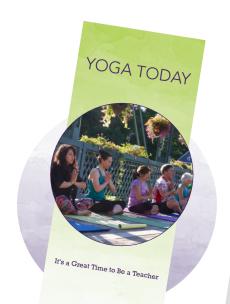
Journey of Yoga

Tri-fold brochure with an inside short fold.





YOGA TODAY

It's a Great Time to Be a Teacher

rney of Yoga Fully Certified Teacher Training is certified by Yoga Alliance , yoga's largest and most well-respected association. Journey of Yoga offers , namic curriculum of instruction that meets or exceeds the YA curriculum , dards. For more details see journeyofyoga.com/services/yoga-teacher-training



"The overall experience changed me so much. I think the format is the reason. Meeting once a month gives you a chance to really live the things you are learning and integrate them into your life."

— Melody Hillman

Two Course Curriculum Options

The 200-hour Yoga Teacher Training Track Focuses on Preparing You to Teach Yoga Classes with Confidence.

Enroll in the Yoga Teacher Training Track at Journey of Yoga if you feel called to lead new and experienced yogis in their own yoga journeys. You'll learn to:

- sequencing of postures.

 Integrate healthy alignment principles and provide safe adjustments.

 Provide modifications for beginning, injured, or intermediate students.

 Develop your own style and voice by accessing the teacher within you.

 Market yourself effectively and get started as an instructor.

Journey of Yogs 200-hour Feather as an institution.

Journey of Yogs 200-hour Feather Training Program is a 9-month weekend program. You'll benefit from a well-paced curriculum that allows you to meater the material within a supportive community, while leaving you time to runture your family and work relationships. Wall journeyof yogs, can for a schedule of upcoming training program. The Journey of Yogs studio is located in beautiful downtown Similarbuy, Connecticul near shops, eateries and the lovely Drake Hill Flower Bridge.



"The 100 hour Deepen Your Practice program was the perfect vehicle for me to explore the many facets of yoga both on and off the mat. It was a wonderful opportunity for self-reflection and growth