



Faculty: Karen Claffey, Kim Ward, Nitin Shah

200-Hour Yoga Teacher Training

with Therapeutic Focus
8-Weekend Program

Feb 15 – Nov 29, 2020

8 weekends | once per month Feb to Nov (exc Jul & Aug):
Feb 15-16, Mar 21-22, Apr 18-19, May 23-24
Jun 13-14, Sep 26-27, Oct 24-25, Nov 28-29 (Graduation)

Transform your life and the lives of others.

Heaven on Earth's comprehensive 200-hour Yoga Alliance Registered program prepares you for a rewarding career as a confident and skilled hatha yoga teacher and provides a strong foundation for those interested in furthering their certification as a Yoga Therapist. Program includes therapeutic Universal Principles of Alignment™, Anatomy & Physiology, Ayurveda, evidence-based Mindfulness Meditation, Restorative Yoga & Yoga Nidra, Teaching Methodology, Specialty Yoga: Prenatal, Chair Yoga, and Chakra Yoga.

Early Bird Discount \$3200 + HST Deadline November 15th, 2020 (Save \$150!)

Regular Tuition \$3350 + HST | Payment plan available

Heaven on Earth & Integrated Health - Osteopathy Yoga Wellness
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