



SHINE YOGA
& integrated wellness

Yoga Student Immersions & Teacher Training



Learn, Grow, Share

As we learn more about the broad field of yoga, more about ourselves, and about how yoga can support our multi-dimensional lives, these immersions/trainings feel like a 6-month lifestyle retreat series as well.

HERE'S WHAT YOU WILL LEARN & PRACTICE:

- to tap more fully into your own inner wisdom & resources.
- to better understand the divine design of the body & how yoga can support yours.
- to learn about yoga's history, philosophy, and practices in a culturally respectful way that is applicable to modern perspective, values, needs & goals.
- we will learn and work with a wide variety of yoga practices including: posture, flow, mindfulness, meditation, and other life practices.
- we will develop communication & interpersonal skills as a foundation for our teaching skills practices.

+ Much more! This course is retreat-type learning environment so that you may fully enjoy the journey & process!

This course is about learning & growing as much as teaching. You do not need to intend to teach after this course in order to benefit.



REGISTRATION IS NOW OPEN FOR OUR 200 RYT FALL PROGRAM!

We Begin Friday, Oct. 17th

>>> VISIT WWW.SHINEYOGA.COM/TRAININGS FOR INFO!