

**YOGA TEACHER TRAINING at  
WESTERN CT STATE UNIVERSITY  
Fridays, Oct 7, 2016 - April 2, 2017  
9am - 5:30pm**



**Learn:**

- \* **Philosophy of Yoga**
- \* **52 Poses & 3 Salutations**
- \* **Bandhas, Chakras, Mudras**
- \* **Hands On Assists**
- \* **Art & Science of Sequencing**
- \* **Major Styles of Influence in USA**
- \* **Breathing & Meditation Practices**
- \* **Modifications for Beginners**
- \* **Anatomy & Sanskrit**
- \* **Business & Ethics**



**Yoga Alliance Registered School since 2001 \* Weekend Trainings Available!**  
**Join Lotus Gardens Yoga Schools 375 alumni sharing yoga worldwide!**  
**Register Before Sept 15 for \$100 discount**  
**WCSU student, faculty & Staff additional \$100 discount**  
**All Books Included**  
**Apply today!**

