

Yoga Advancement Program

300 Hour

Yoga Alliance Bridge
Teachers Training

Beginning
October 2015

Advance Your Yoga Education & Practice

- Learn from primary teachers Kelly Grey and Lynne Minton. Both with over 20 years of experience teaching and leading Advanced Yoga Teacher Training Programs
- Receive clear and concise teaching methodologies and practice, psycho-physiological effects and contra-indications of asana postures
- Build your confidence to trust your own authentic style and voice
- Learn the most beneficial way to approach your practice physically, mentally and spiritually
- Break through the mayas & kleshas of your life so you can open new found pathways to deepen your own sadhana (Spiritual Practice)



For More Information
Visit our Website:

LotusBloomYoga.com
928-445-6455
Cheryl@LotusBloomYoga.com



Lotus Bloom Yoga Studio