



**3 COURSE OPTIONS IN
2019**

200 HR

Yoga Teacher Training

Integrated, evolutionary, life changing

The **200 Hour Yoga Teacher Training** is dedicated to helping you establish a solid foundation to becoming an inspiring and skilled teacher. It trains you in the ancient traditional approach to yoga practice and extends your journey into the modern evolutionary pathways of yoga. The curriculum is holistic; covering kriyas, asana, pranayama, meditation, yoga philosophy and lifestyle integration.

All of our yoga teacher trainings are **Yoga Alliance U.S. certified** and **Yoga New Zealand registered**.

- **18 DAYS INTENSIVE: 4 - 22 JANUARY 2019**
- **9 WEEKENDS: 3 MAY - 8 SEPTEMBER 2019**
- **2x9 DAYS INTENSIVE: 14 - 22 SEPTEMBER 2019 | 9 - 17 NOVEMBER 2019**

**Kawai
Purapura**

Kawai Purapura Retreat Centre
14 Mills Lane, Albany, North Shore, Auckland

To enrol & for more details please visit:
www.yogatraining.nz
yogaeducation@kawaiipurapura.co.nz

APPLY NOW



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