



# TEACHER Training @PRANA



Starting in September,  
the most exclusive  
teacher training & student enhancement course  
will be starting at PRANA!



Module One will include

- Level 1 Anatomy training;
- Learning Poses (Asana) and how to deal with ailments as they may happen to yourself, or to a student in class;
- Learn the art of prop use and modification that is highly overlooked in many other teacher trainings;
- Study the ancient texts that started yoga to what it is today, and discuss the completeness of these texts;
- Start or deepen your meditation practise;
- Learn breathing practises to reduce stress, heal your body and your mind, and live a happier life!

This is the first of two modules required to obtain your  
teacher training certification.

Program Fee: \$1500 + tax (materials extra)  
deposit will be required as enrollment will be limited!



## 905.338.2880

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