



Leeann Carey Yoga™

300-hour Advanced Yoga Teacher Certification Program

The LCY 300-Hour Advanced Teacher Certification Program instructs and supports teachers seeking to build on the foundation of any completed hatha yoga program. Whether you are new to teaching yoga, or an experienced veteran, the LCY modules will advance your skills, self-confidence and ability to work with diverse special populations from athletes to the injured and aged. The program consists of 8 modules (2, 3 and 4-days each) and includes off-site homework. Hours typically run 9am to 6pm, but may vary depending on location. For your convenience, modules are offered throughout the year and you may take them in the order you choose.

Anatomy: Form and Function

Understanding basic anatomy is an essential requirement for every yoga instructor. This three-day module introduces anatomy applied to individual yoga asanas so you may experience and own the information and be prepared to teach safe and effective classes.

Required Reading:

- *The Key Muscles of Hatha Yoga* by Dr. Ray Long

* ACE-approved

Required Materials:

- Yoga Mat
- 10' Yoga Strap
- 4" Cork Yoga Block

July 8-10, 2011

9am – 6pm all days

Dynamic Yoga and Fitness by Yoga 4 Love

558 Bluebird Ln., Red Oak, TX 75154

Tuition: \$595

SUMMER SPECIAL! Enter code **LCY18 upon checkout and receive \$150 off!**

Register: www.leeanncareyyoga.com



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www.LeeannCareyYoga.com

Or Call 1-888-752-5513

