

Yoga Teacher Training Retreat in Mexico with Caroline Klebl

You will love this yoga teacher training at a seaside resort in Mexico with yoga instructor Caroline Klebl.



Los Angeles, May 29, 2019 (Issuewire.com) - Join us in the lush jungle on the Pacific Coast of Mexico, for an inspiring Yoga Teacher Training Retreat from November 19 to December 15, 2019.

Immerse deeply in the Ashtanga Yoga practice during this intensive teacher training developed by Caroline Klebl. Her Yoga Teacher Training programs meet the 200 & 500-hour international certification

standards of the Yoga Alliance.

Caroline Klebl offers a comprehensive Yoga Teacher Training program to current and aspiring teachers and all levels of yoga practitioners. Her yoga instructor training combines the high standards of practice of the Ashtanga Vinyasa System with the development of teaching skills necessary to introduce students to yoga practice safely and effectively. For more detailed information about the curriculum please visit www.sourceofyoga.com

Topics include:

- The practice of the 70 Postures of the Primary Series of Ashtanga Yoga
- The principles of Vinyasa, Drishti, Bandhas and Ujjayi Pranayama
- Teaching Techniques and Adjustments
- Assisting and Supervised teaching
- The Anatomy of the Postures of the Primary Series
- Introduction to Ayurveda
- Meditation and Meditation Instruction
- Chanting and Philosophy of Patanjali's Yoga Sutras
- Yoga Anatomy
- Restorative yoga posture practice
- Yoga Nidra

Furthermore, you will receive an Ashtanga Yoga Teacher Training Manual specifically designed to provide detailed information about Yoga Asana and the Ashtanga Vinyasa System. To those who attend all scheduled classes, a 200 hour Yoga Teacher Training Certificate will be issued at the end of the course. Returning students and those who have already completed a 200 hour Yoga Teacher Training, will receive a 200-hour Advanced Training Certificate toward 500-hour Certification.

Location:

This course will take place at Hotel Lagunita, on a pristine beach surrounded by lush jungle on the south shore of Banderas Bay, near Puerto Vallarta, Mexico. The hotel includes a restaurant, which specializes in vegetarian cuisine, accommodation in spacious cottages and a beautiful Yoga hall, which overlooks the ocean.

Double Occupancy: \$4,800 US

Single Occupancy: \$5,400 US

Accommodation will be provided in a spacious ocean view cottages with private bathrooms.

The price includes:

The 200 hour Yoga Teacher Training Course, three gourmet vegetarian meals per day and accommodation at Hotel Lagunita.

Registration & Deposit Payment:

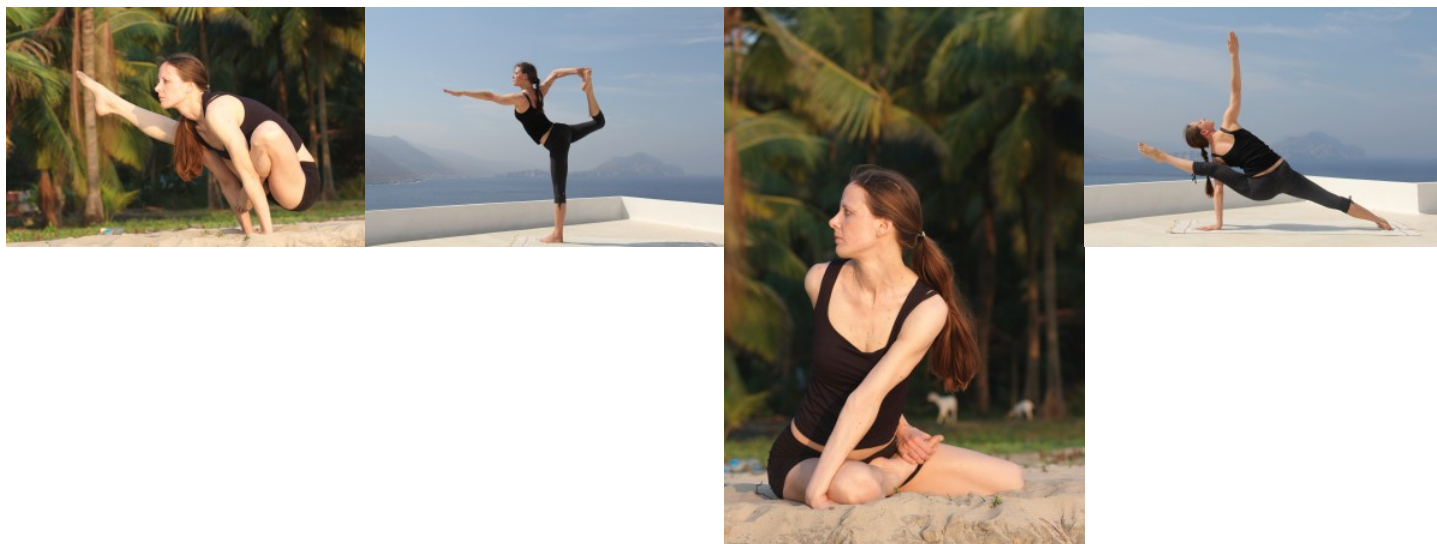
To reserve your space, please visit us on www.sourceofyoga.com, complete the registration form and pay the \$500 US deposit.

See links below:

www.sourceofyoga.com/registration

www.sourceofyoga.com/deposit

Caroline Klebl teaches yoga teacher training programs within the US and in beautiful tropical retreat destinations around the world. She trained in Mysore, India with Ashtanga Yoga Guru Sri K Pattabhi Jois over the course of nine years and received a PhD in Yoga from the Indian University of Alternative Medicine. Hundreds of students have graduated from her courses, who teach yoga around the world. For additional information and to view her current teaching schedule please visit www.sourceofyoga.com



Media Contact

Source of Yoga

info@sourceofyoga.com

Source : Source of Yoga

See on IssueWire : <https://www.issuewire.com/yoga-teacher-training-retreat-in-mexico-with-caroline-klebl-1634921756823256>