

Therapeutics Yoga

Teacher Training and Intensive

with Doug Keller

April 8-11, 2010

Asheville Yoga Center

ADVANCED YOGA AS THERAPY

Thursday, Dec. 10, 9:00 am - 12:00 PM and
2:30 PM - 6:30 PM

Friday, Dec. 11, 9:00 am - 12:00 PM and
2:30 PM - 6:30 PM

Saturday, Dec. 12, 8:30 am - 11:00 AM and
2:00 PM - 5:00 PM

Sunday, Dec. 13, 9:30 AM - 12:30 PM

Cost is \$340 for entire training and books

All Levels Welcome

Partial attendance OK

Full attendance required for YA 500 hr. credit
Tuition includes 2 books, 'Yoga as Therapy' and
will be handed out our first day together.

Each of the four days will include asana,
pranayama and meditation practices in
addition to the training sessions. The
training sessions will go deep into the
anatomy of major therapeutic problem
areas in the body and will look at precise
alignment and adjustment training for yoga
asanas designed to address these problems.

Asheville Yoga Center

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