



Fast Track Fitness Yoga Teacher Certification Module 2

**with
Maureen Rae**

**City:
Toronto, Ontario**

**Date:
September 22 + 23 2012**

**Venue:
Maureen Rae's Yoga Studio
5324 Dundas St., W
Toronto**

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Times: 11 - 5 Saturday
1 - 5:30 Sunday**

**• Tuition: \$275 + hst
To Register:**

**416-716-7589 or email
jrae5633@rogers.com**

**Website:
www.mraesyogastudio.com**

**•
Petition for canfitpro
CEC's
4 FIS OAS NWS PTS PDS**

CURRICULUM

Vinyasa Flow Sequencing

Sanskrit Vocabulary

Safety + Modifications

Hand On Alignments

Yoga Philosophy

Verbal Cueing Skills

Individual Evaluation

Teaching Multi-Level

Classes

Meditation Techniques

Skill sessions with other

students

...and lots more!

Prerequisites:

Module 1

Maureen has been named
Canadian canfitpro Presenter of 2009!

Maureen Rae is the owner and program director of Maureen Rae's Yoga Studio, located in Toronto. A registered nurse by profession, she is also an Experienced Registered Yoga Teacher with the International Yoga Alliance, and conducts yoga teacher training across Canada.

