

The Timeless Teachings of Yoga

ADVANCED SPECIALTY CERTIFICATE

Location:

Maureen Rae's Yoga Studio
5324 Dundas Street West
Toronto

Date: Saturday + Sunday
March 31 and April 1

Time: Saturday 11 am - 5 pm
Sunday 1 - 6 pm

Trainer: Maureen Rae, RN, E-RYT

Contact: info@mraesyogastudio.com
Website: www.mraesyogastudio.com

With Maureen Rae, RN, E-RYT

Program Director of Maureen Rae's Yoga Studio, Toronto
Registered Yoga Alliance Approved School of Yoga

This 2-day Intensive provides a unique opportunity for teachers of yoga, and for serious students of yoga, to go beyond the basics of hatha yoga classes and to move into specialty areas. Teachers will learn how to lead classes for older adults, injured or ill students, rehabilitating students, those confined to chairs and for those suffering from anxiety and depression.

Acquire new skills that are based on the ancient yogic wisdom that the body already possesses innate capability to heal – and that the spirit knows intuitively how to transform.

Discover remarkable, but little known, practices drawn from the Viniyoga lineage of yoga including asana, chant, pranayama, meditation, trataka, visualization, profound relaxation and prayer.

Move beyond alignment, precise technique, definitive instruction, rules and regulations that determine the typical aggressive North American approach to yoga classes. Reach out to the masses who are searching for relief and release from suffering. Yoga has a multitude of applications, most of which are overlooked in our 'one size fits all' approach.

Our bodies do age and become worn with disease, stress or illness. Yoga is needed more than ever before at this time. Thousands upon thousands of people could be helped with yoga – if only someone – you! – could show them the way.



To register:

Please call 416-716-7589

Fee: \$250 (HST extra)

CanFitPro CECs available

Register Early!

Space Limited

AMAZING FULL MANUAL !

