



## 200 HR YOGA TEACHER TRAINING 2019-2020

**SEPTEMBER - MAY | 10 WEEKENDS**

121 N. MAIN ST. CRYSTAL LAKE, ILL

**In this program** you can learn the amazing benefits of yoga, find out how to improve the way you take care of yourself and get your certification to become a yoga teacher. Join Jennifer Ewert RYT, Scott Roos EdD and Chris Allin DC in our program to learn poses, history, anatomy, ayurveda, yoga sutras, physiology, sequencing and much more. Visit our website at [akashayogacenter.com](http://akashayogacenter.com) to find out how.

